

**Lactose Tolerance Test
PROC.1525 Job Aid A**

<p>How to Prepare</p>	<ul style="list-style-type: none"> • Contact the laboratory to book an appointment or to obtain instructions. <ul style="list-style-type: none"> ➤ The Lactose Tolerance test takes 2 hours. ➤ You must stay at the laboratory site for the entire time. • Your physician <u>may</u> have given you a prescription for a lactose drink. <ul style="list-style-type: none"> ➤ If you were given the prescription, take the prescription to your pharmacy four or five days before your appointment. The pharmacy will make up the drink for you. You are responsible for paying the pharmacy fee. Bring your drink with you to the laboratory. <p>If you were NOT given a prescription, confirm with the laboratory that the drink will be provided on site.</p>
<p>Risks or Cautions</p>	<ul style="list-style-type: none"> • You will be required to stay at the Laboratory Collection site for the duration of the test, approximately two to three hours.
<p>Before the Procedure</p>	<ul style="list-style-type: none"> • Fasting is required: <ul style="list-style-type: none"> ➤ Nothing to eat, chew, or drink other than small amounts of water for a minimum of 8 hours prior to your appointment. Prescription medication is permitted. • Notify the lab immediately if you are unable to keep your appointment.
<p>During the Procedure</p>	<ul style="list-style-type: none"> • You will be given the lactose drink and encouraged to finish the drink within 5 minutes. • You will have blood samples taken several times during the test. • You need to remain in the laboratory collection area for the duration of the test (2 hours). • You may NOT smoke, eat, chew or drink (except small amounts of water) during the test. • You may use the washroom. • Notify the laboratory staff if you feel sick during the test.
<p>After the Procedure</p>	<ul style="list-style-type: none"> • You may resume normal diet and activities at the conclusion of the test. • To discuss the results of your tolerance test, please make an appointment with your physician.
<p>Questions About Your Test?</p>	<p>Laboratory location and contact information may be found at: https://myhealth.alberta.ca/find-health-care/Pages/default.aspx?selected=programs</p>