

<p><b>How to prepare</b></p>	<ul style="list-style-type: none"> <li>This test is performed at specific laboratory locations:            Bassano – hospital laboratory – no appointment necessary            Bow Island – hospital laboratory – no appointment necessary            Brooks – Patient Collection Site, AHS Laboratory – no appointment necessary            Crowsnest Pass – hospital laboratory – no appointment necessary            Lethbridge – Lethbridge Community Laboratory – <b>pre-booking is required.</b>            Please call 403-388-6201 to make an appointment            Medicine Hat – Laboratory Patient Collections, Medicine Hat Regional Hospital –  <b>pre-booking is required.</b> Please call (403) 529-8830 to make an appointment.            Oyen – hospital laboratory – no appointment necessary            Pincher Creek – hospital laboratory – no appointment necessary            Taber – hospital laboratory – available Thursdays <b>ONLY</b> and <b>pre-booking is required.</b> Please call (403) 223-7227 to make an appointment.</li> <li>An 8 hour fast <b>IS</b> necessary.            Fasting is defined as nothing to eat, chew (including gum or candy), or drink (except small amounts of water).            Prescription medication is permitted.</li> </ul>
<p><b>Risks or Cautions</b></p>	<ul style="list-style-type: none"> <li>You may not smoke, eat, chew (including gum or candy), or drink other than small amounts of water during the test.</li> <li><b><i>If severe diarrhea is present, the test cannot be done!</i></b>            A false positive tolerance result and/or worsening of the diarrhea may result if a lactose dose is given to a patient with this condition.</li> <li>You <b>must</b> remain seated at the laboratory for the duration of the test (approx. 2-2.5 hours).</li> <li>If you start to feel ill, let laboratory staff know.</li> </ul>
<p><b>Collecting the Sample</b></p>	<ul style="list-style-type: none"> <li>You will have a fasting blood specimen drawn</li> <li>You will be given a lactose drink</li> <li>You will have 5 minutes to consume the drink</li> <li>Additional blood specimens will be drawn at prescribed intervals</li> </ul>
<p><b>Questions About Your Collection?</b></p>	<p>Lethbridge – (403) 388-6057            Medicine Hat – (403) 529-8919</p>

Your appointment is: Date: \_\_\_\_\_

Time: \_\_\_\_\_

When you arrive at the laboratory, go directly to the desk and tell them you have an appointment for a tolerance test.