



Gastroenterology Division

Preparing for Your Lactose Intolerance Test

Please Read ALL Instructions Carefully

Advise your physician if you have been taking antibiotics in the last 30 days.

The Day Prior to the Test

- Avoid beans, bran or other high fiber cereals, muffins, etc.
- Do not eat any food **12 hours** before your scheduled test.
- You can drink water until midnight.

The Morning of the Test

- You may brush your teeth, but not swallow. Do not use mouthwash.
- Do not smoke, avoid exercise of any kind, do not chew gum or mints.
- Do not eat breakfast.
- You may take your medications with a sip of water.

Drink 12 ounces of milk (regular or low fat only – no LACTAID, SILK or SOY) one hour before the test, **then nothing by mouth.**

Upon Arrival to the Office

- You may come alone.
- You will need to breathe into the monitor **four times, every 30 minutes.**

Please be prepared to be here for at least 2 hours.

Patient Name: _____

Scheduled Date and Time: _____

Prep given by: _____