



## Lactose Intolerance Test

### General Guidelines to Follow:

- Do not eat foods that digest slowly like beans, bran, or coarse fiber the day before the test is performed. (See Below)
- No food or drink for 12 hours before your test. No gum chewing or use of mouthwash.
- No smoking, including second-hand smoke for at least 1 hour before or at any time during the test.
- No sleeping or vigorous exercise for at least 1 hour before or any time during the test.
- No antibiotics for 2 weeks prior to the test.
- Drinking water only during your breath-test is allowed in moderation.

You are scheduled for a:

**Lactose Intolerance Test:**

People who are lactose intolerant experience diarrhea, cramping, and abdominal discomfort when they eat foods that contain lactose.

When you arrive, you will be asked to give a breath sample into a bag, and then you will be given lactose to drink. An hour later and then every hour after drinking the lactose you will need to give another breath sample. You will do this for the next three hours and then return the box to Ridgeline Endoscopy Center.

Suggestion for the last meal prior to nothing by mouth can be:

- Baked or broiled chicken or turkey (Salt and pepper only)
- Baked or broiled fish (Salt and pepper only)
- Plain steamed white rice
- Eggs
- Clear chicken or beef broth