



LACTOSE INTOLERANCE INSTRUCTIONS

You are scheduled for a:

☐ **Lactose Intolerance Test: THIS IS A THREE HOUR 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 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 Utah Digestive Health Institute.**

South Ogden Location

6028 S Ridgeline Drive, Suite 201
South Ogden, UT 84405

Layton Location

2132 N 1700 W, Suite 310
Layton, UT 84041

Guidelines To Be Followed:

- No food or drink for 12 hours before your test.
- Do not eat foods that digest slowly such as beans, bran, or coarse fiber the day before the test is performed. (See below for food options)
- No gum chewing, mints, 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 2 hours 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..
- Do not brush your teeth for at least 2 hours prior to your test.
- Do not take medications the morning of the test. You may resume your normal medications after you finish the test.

Suggestions 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

If you have questions concerning your appointment or the prep instructions, you can reach our office at Ph# 801-776-7131. Or you can **text** your specific provider's medical assistant at the follow #:

Dr Poole # 385-888-7781

Dr Redd # 385-492-6633

Dr Pugh # 385-492-6221

Nate McBride- PA # 385-279-4478

Tamara Meyers-PA # 385-332-8733