

LACTOSE BREATH TEST

Patients Information/Instructions

Why does my physician order this test?

The test is used to detect lactose intolerance.

What is lactose intolerance?

Lactose intolerance is a hereditary condition and one of the most common causes of recurrent abdominal pain, bloating, and diarrhea.

How long does the test take?

The test takes three hours.

Will I feel any pain or discomfort?

You might feel minor discomfort from ingestion of lactose including diarrhea, gas, cramping or bloating.

How do I prepare for the test?

- Do not eat or drink anything 12 hours before the test (water is allowed)
- Do not eat the following on the day before the test:
 - o Beans
 - o Pasta
 - o Meats (steaks)
 - o Fiber or bran cereals or high fiber foods (whole grains)
 - o Soda
 - o Cola Drinks
 - o Butter or Margarine
- DO NOT eat, drink, or chew gum or tobacco, smoke cigarettes, eat breath mints or candy before or during the test.
- DO TAKE prescription medications with a small amount of water.
- DO BRUSH your teeth before the test.