



## Patient Instructions

### Lactose Tolerance Hydrogen Breath Test

Your doctor has requested that you have a Lactose Tolerance Hydrogen Breath Test performed. In order to produce a meaningful laboratory test result, you must follow these instructions.

This test requires that you do not eat anything for 8-12 hours prior to your appointment. If you take insulin, consult your health care provider about adjusting the dosage of insulin to control your blood sugar before and during the test. If your provider has any question or concerns, please have them call the Biochemist on call at LifeLabs.

**This test is only offered in select locations. Please call our appointment desk (1-855-412-4495 or 604-412-4495) to book an appointment and find the location most convenient to you.**

Your appointment is on \_\_\_\_\_ at \_\_\_\_\_.

#### Before you come to the lab:

- Do not eat, chew, or drink anything (except small sips of water) for 8-12 hours before your appointment
- No smoking or vaping for at least 2 hours prior to or during the test
- No sleep or vigorous exercise is allowed for at least 30 minutes prior to or during the test
- This test cannot be conducted if you currently have diarrhea
- Antibiotics may interfere with this test and should be avoided for four (4) weeks prior to this test
- **This test is not covered by MSP. You are responsible for payment.**

#### When you arrive in the lab:

The test will take approximately 2 hours to complete. You will be expected to remain in the laboratory for the duration of the test. You will be asked to:

1. Provide the 1<sup>st</sup> breath sample (baseline)
2. Drink a sweet solution composed of 50 grams of lactose (milk sugar)
3. Wait 60 minutes (do not smoke, eat, drink or chew anything during this time) and provide the 2<sup>nd</sup> breath sample
4. Wait another 60 minutes (do not smoke, eat, drink or chew anything during this time) and provide the 3<sup>rd</sup> breath sample

If you feel any symptoms such as abdominal cramps, diarrhea, bloating, etc., please notify the staff.