



Lactose Tolerance Testing

Your doctor has scheduled you for a lactose tolerance test. This test will take a little over 2 hours to complete. You will be asked to drink a mixture made up for you, and you will have blood drawn seven times.

You may not eat, drink or smoke for 10 to 16 hours prior to your test, nor during your testing period. (A small amount of water for prescription medication is allowed.)

You may begin your testing anytime before 10 a.m. Testing later than 10 a.m. requires you to fast too long.

We will obtain a fasting blood specimen.

Adult patients are then given 50 grams of lactose to drink. (The amount of lactose a child drinks is dependent on age.)

Six more blood specimens are drawn, starting 15 minutes after the drink is consumed.

Blood draws are done at 15, 30, 45, 60, 90 and 120 minutes.



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