



# Patient Information Leaflet

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Lactose Breath Test



Harley Street  
Medical Centre



## Patients Instructions

### ***Why does your 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.
- The day before you can eat the following:
  - Plain white bread ○
  - Plain white rice ○
  - Plain white potatoes ○
  - Baked or boiled chicken or fish ○
  - Non-flavored black coffee or tea.

***Salt may be used to flavor your food.***

- **Do not** eat the following:

- Beans
- Pasta
- Meats (steaks)
- Fiber or bran cereals or high fiber foods (whole grains)
- Soda
- Cola drinks
- 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.





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