

	<b>Section:</b> Management System\Eastern Health\Biochemistry\Quick References\Mass Spectrometry Lab\	
	<b>Title:</b> Test for Lactose Intolerance	<b>Number:</b> 3691
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## Breath Test for Lactose Intolerance

*(Testing done at Blood Collection area, Janeway Site, 2<sup>nd</sup> floor)*

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### How to prepare for the test (2 Page Instructions)

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Preparation for the test is important:

- If current instructions are not followed, the result of the test may be incorrect or misleading.
- **If you received antibiotics less than 4 weeks before the test, had runny diarrhea, colonoscopies or barium studies, please call 777-4513 to reschedule your breath test.**
- **If you take any Proton Pump Inhibitors (PPI) which contain Omeprazole, Lansoprazole, Dexlansoprazole, Esomeprazole, Pantoprazole, or Rabeprazole, Please discontinue 7 days prior to the breath test.**

Two days (48 hours) before your appointment:

- Stop using digestive aids such as LACTAID and DAIRY AID, if applicable.

One day (24 hours) before your appointment:

- Here are the foods you CAN eat:  
 Baked or broiled chicken, fish, or turkey. (Salt and Pepper only)  
 White Bread (Only)  
 Plain steamed white rice  
 Eggs  
 Clear chicken or beef broth  
 If you are uncertain if something will affect the test AVOID the product
- AVOID foods like:  
 Pasta, whole grain products, bran, high fiber cereals, granola, etc.

Fruit juices, apple sauce, apricots, bananas, cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon, raw and dried fruits like raisons and berries

Vegetable juices, potatoes, alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini, broccoli, cauliflower, brussel sprouts, cabbage, kale, Swiss chard, beans, lentils, corn, etc

All nuts, seeds, as well as foods that may contain seeds

Milk, cheese, ice cream, yogurt, butter

At least 12 hours (night and morning) before your appointment:

- You must not eat any food during these 12 hours.
- Only water is allowed.

One hour before the test and during the test:

- You must not smoke, sleep or exercise vigorously.

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### **Why the test is done**

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Some people cannot digest “milk sugar” called lactose which is present in milk and milk products. The non-digested lactose is converted into hydrogen and methane by bacteria which normally live in the lower gut of humans. Elevated hydrogen and methane can be detected in the expired breath air of people with lactose intolerance and thus can help in diagnosis of lactose intolerance.

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### **How the test is done**

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The test requires collection of several expired breath air samples right before and then after consumption of a drink containing lactose. The lactose drink which will be given must be totally consumed within 5 minutes. This drink may produce bloating, cramps or diarrhea in some patients who are lactose intolerant. Breath samples are collected every 30 minutes for 3.5 hours. The results of the test are then interpreted.

*Revised November, 2018*