



PATIENT INSTRUCTIONS FOR LACTOSE TOLERANCE TEST

1. Your physician must provide you with a prescription for the lactose.
2. Book an appointment with the laboratory for a suitable date and time by phoning 780 702 4486.

Your Lactose Tolerance Test is scheduled at:

Address: _____

Time/Date: _____

Please notify the site if you cannot keep your appointment. Phone: _____

3. To ensure accuracy of test results follow the next instructions carefully.

<p>Several days before your appointment date:</p>	<ul style="list-style-type: none"> • Take the lactose drink prescription to your pharmacy to be filled. (This will give the pharmacy time to order the lactose drink if necessary). • You are responsible for payment of the pharmacy fee for the lactose.
<p>8 hours before the test appointment:</p>	<ul style="list-style-type: none"> • Do not eat or drink anything (except water)
<p>On the day of your lactose test appointment:</p>	<ul style="list-style-type: none"> • Come to the laboratory about 10 minutes before your appointment time. • Be prepared to stay at the laboratory for at least two hours. The lactose test consists of four blood collections done over the two-hour period. • Bring a sweater or jacket to the collection site. If you wish, also bring reading material or a craft, and a snack to eat AFTER ALL testing is FINISHED.