Lactose Malabsorption Test  
Patient Instructions

*Please bring photo identification and a list of ALL your medications and dosages.

Test Date: ________________________  Appointment Time: ____________________ AM PM

INSTRUCTIONS

10 days before your test
- No antibiotics or probiotics for 10 days before your test.

1 day before your test
- Do not eat slowly digested foods such as beans, bran or other high fiber cereals the day before your test.
- Nothing to eat or drink after Midnight before your test.
- No gum or candy.

Day of your test
- Nothing to eat or drink before your test, except the milk below.
- No gum or candy.
- Preferably, no brushing your teeth before the test. But you may brush and spit out.

3 hours before your test
- 3 hours before your testing time, drink 12 ounces of whole white milk.

30 minutes before your test
- Do not smoke, sleep, or exercise vigorously for at least 30 minutes before your test, or at any time during testing.

Can I take my medications?
Critical medicines, such as those for your heart, blood pressure, breathing or seizures, should be taken with sips of water on the morning of your test. Non-critical medicines, including over-the-counter medicines and supplements should not be taken, unless your provider or nurse tells you otherwise.

Three hours after you drink the milk, you will be asked to breathe into a collection container to collect your sample. Results will be given to you the day of your test.

You will have your test at:

Women’s Medicine Collaborative
146 West River Street, Providence, RI 02904
3rd Floor, Suite 11-D

Please call the office if you have any questions (401) 793-7080.