

# Lactose Tolerance Test

Patient Instructions

## INSTRUCTIONS

This test will take approximately 1 ½ to 2 hours.

- It is important to maintain a normal mixed diet prior to this test. For example, do not restrict all carbohydrates from your diet or follow a diet consisting of only carbohydrates.
- No food or drink (with the exception of water) is to be consumed for eight (8) hours prior to the test.
- Drink extra water prior to the test to ensure you are well hydrated.
- During the test you may experience gastric disturbances eg. diarrhoea, wind pain or “rumbling” stomach. It is important that you report any symptoms such as these to the staff member attending to you.

## INFORMATION

Please be advised you must be over the age of 12 to have this test. Please contact our Client Services team on the number below if you require a booking for someone under the age of 12.

For any further information or questions please don't hesitate to contact our Client Services team on **(08) 8366 2000**

**Please remember to bring your pathology request form with you on the day of the appointment.**