



## Short Protocol for the Lactose Malabsorption Test

### Patient Instructions and Preconditions

1. The patient should **not have eaten slow-to-digest foods like beans, bran or other high fiber foods, fruit, or juices** the day before testing.
2. Patient can eat the following the day before the test: chicken, turkey, fish, rice, eggs, & bread.
3. The patient should **fast after midnight**, with no food or water before the test. The patient may brush their teeth the day of the test but spit out the toothpaste and rinse with water three hours before the test.
4. The patient should **not smoke, sleep, or exercise vigorously** for at least one-half hour before the test.
5. Ask the patient about any recent antibiotic/probiotic therapy. Make the physician aware of the antibiotic/probiotic since it can affect the test. Patient should be off antibiotics at least 10 days before testing.

### Patient Test Protocol

If the patient meets the preconditions for testing as outlined above, proceed with the following protocol:

The patient must fast after midnight, and take 12 oz. of whole, white milk three hours before the office visit. A breath sample is collected and analyzed with the HBT Sleuth when the patient comes into the office.

The H<sub>2</sub> concentration in the breath sample of a healthy patient who has fasted is normally less than 5 ppm. If the patient has lactose malabsorption, the breath H<sub>2</sub> will be over 10 ppm.

If the lactose intolerance test is negative, proceed with the fructose intolerance test, or the bacterial overgrowth test.