

Lactose Intolerance Test Prep Instructions

Location: 2155 Wantagh Avenue

Test Date: _____

Arrive at: _____

Drink 12 oz of whole milk 3 hours prior to your appointment time

1. **2 weeks** prior to test – no antibiotics or colonoscopy
2. **1 week** prior to test – no laxatives, stool softeners, fiber supplements, Imodium/Loperamide or Pepto Bismol
3. **Day prior to test** – You may eat the day prior to the test (up until the fasting time) but limited to the following suggested foods.

Suggested Foods

- Baked or broiled chicken/turkey/fish with low amounts of salt and pepper
- Plain steamed, fully cooked white rice
- Scrambled or over easy eggs (not fried or boiled, very little spray)
- Clear chicken or beef broth (not vegetable)
- Black coffee/tea (no sugar) or water only
- **Avoid vegetables, fruit, beans, bread/pasta/grains, condiments nuts/seeds, milk and dairy products, soda and carbonated beverages**

Begin fasting from food and liquids 12 hours prior to the test time.

4. **Day of test**

- No breakfast or lunch, no gum chewing or mints
- Take blood pressure medicine with a sip of water the morning of the test
- You may brush your teeth the morning of the test, no mouthwash
- No smoking
- Do not engage in vigorous exercise for at least 1 hour before the test