

## Lactose Tolerance Testing

Dosage and collection times:

1. The patient must be fasting for 8 hours prior to testing.
2. Draw a fasting blood specimen (2 mL of blood in a grey-top [potassium oxalate/sodium fluoride] tube).
3. Determine the dosage of LacTest™ to be ingested:

Weight		LacTest™ Solution	
Pounds (lbs)	Kilograms (kg)	Ounces (oz.)	Milliliters (mL)
14 to 21	6 to 10	3	75
22 to 28	11 to 13	4	120
29 to 35	14 to 16	5	150
36 to 42	17 to 19	6	180
43 to 49	20 to 22	7	210
>50	>23	8	250

4. Dilute 2 packets of LacTest™ in 8 oz. (250 mL) water and mix thoroughly.
5. For children <50 lbs, measure out the required amount of LacTest™ solution, discarding any remainder not needed. Add water to the measured amount of LacTest™ solution to bring the final volume to 8 oz.
6. Have the patient drink the lactose solution. Because of the relative insolubility of lactose, mix frequently during ingestion.
7. Begin timing immediately after the patient has finished drinking the lactose solution.
8. Draw a blood specimen in a gray-top (potassium oxalate/sodium fluoride) tube at 15-, 30-, 60-, 90-, and 120-minutes after drinking lactose beverage.

**Note:** If the patient vomits at any time during the testing, discontinue drawing the specimens and notify the physician.

See example of specimen draw times below:

7:50 a.m.	Fasting blood specimen drawn
8 a.m.	Patient <b>finishes</b> drinking lactose beverage
8:15 a.m.	15 minutes post-dose blood specimen drawn
8:30 a.m.	30 minutes post-dose blood specimen drawn
9 a.m.	60 minutes post-dose blood specimen drawn
9:30 a.m.	90 minutes post-dose blood specimen drawn
10 a.m.	120 minutes post-dose blood specimen