



QUEEN CITY
GASTROENTEROLOGY
& HEPATOLOGY

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Prep Instructions for the Lactose Malabsorption Test

Patient Instructions:

1. **Do not** eat slowly digesting foods like, **beans, bran or other high fiber cereals** the day before your procedure.
2. **Fast for 12 hours**, with no food and only water to drink before testing. Therefore, **NO** food/drink after _____.
3. **Do not smoke, sleep, or exercise vigorously** for at least 2 hours before, or at any time during your procedure
4. Make the Medical Assistant aware of any recent antibiotics therapy, and/ or recent or current **diarrhea**, since they can affect the test.
5. **DAY OF PROCEDURE: DRINK** 12 ounces of milk, (Skim 1%, 2% or whole milk) **three (3) hours** before your procedure time.

DRINK 12 ounces of milk at _____.

6. **Report** to Queen City Gastroenterology & Hepatology office on _____ at _____.

Please call 704-362-4403 if you have any questions.
Thank you.