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LACTOSE MALABSORPTION TEST

Preparation:

The day before your test: Please do not consume any slow digesting foods like beans, bran or fiber cereals.

The day of your test: You must be fasting for 12 hours prior to your test. This means nothing to EAT or DRINK, including Water, for at least 12 hours prior to the test. (except for the milk below)

DRINK one (1) six to eight ounce glass of milk 3 hours prior to your appointment time. Please make sure it is NOT soy or almond milk.

The test takes approximately 15 minutes to complete.

DATE OF TEST: _____ Time: _____