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LACTOSE MALABSORPTION TEST

Name: _____ Date: _____ Time: _____

PART ONE – BASE LINE

Prep: Fast for 12 hours prior to procedure.

No slow digesting foods like beans, bran or fiber cereals the day before your test.

PART TWO

Prep: Fast for 12 hours prior to procedure

No slow digesting foods like beans, bran or fiber cereals the day before your test.

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.