



هارلي ستريت ميديكال سنتر

HARLEY STREET

MEDICAL CENTRE

Lactose Breath Test

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www.hsmc.ae

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Harley Street Medical Centre

ت: ٣٩٩٩ ٢٦١٣ ٩٧١+

ص.ب: ٤١٤٧٥، أبو ظبي، الإمارات العربية المتحدة

ع: قرية المارينا، فيلا رقم ١٨ إلى ٢٣

PATIENTS INSTRUCTIONS

Why does your physician order this test?

The test is used to detect lactose intolerance.

What is lactose intolerance?

Lactose intolerance is a hereditary condition and one of the most common causes of recurrent abdominal pain, bloating and diarrhea.

How long does the test take?

The test takes three hours.

Will i feel any pain or discomfort?

You might feel minor discomfort from ingestion of lactose including diarrhea, gas, cramping or bloating.

How do i prepare for the test?

- **Do not** eat or drink anything 12 hours before the test.
- The day before you can eat the following:
 - Plain white bread
 - Plain white rice
 - Plain white potatoes
 - Baked or boiled chicken or fish
 - Non-flavored black coffee or tea.

Salt may be used to flavor your food.



- **Do not** eat the following:

- Beans
- Pasta
- Meats (steaks)
- Fiber or bran cereals or high fiber foods (whole grains)
- Soda
- Cola drinks
- Butter or margarine

- **Do not** eat, drink, or chew gum or tobacco, smoke cigarettes, eat breath mints or candy before or during the test.

- **Do** take prescription medications with a small amount of water.

- **Do** brush your teeth before the test.