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## All Island Gastroenterology & Liver Associates

## Lactose Malabsorption Test

- 1. Do not eat any slow digesting foods like beans, bran or other high fiber cereals the day before the test is performed.
- 2. You must fast for 8 hours, with no food only water to drink before the test.
- 3. Do not smoke, sleep, or exercise vigorously for at least 1/2 an hour before test.
- 4. Drink 6 to 8 oz. of milk three hours before the office visit.