

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.