

Lactose Tolerance Test (LTR83253)

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Revision: 2.60

Please make an appointment by calling the Provincial Appointment Booking Line (1-877-702-4486) or book on-line at

It is important you tell the patient booking representative that you are making an appointment for a lactose tolerance test.

Patients weighing 50 pounds (23 kilograms) or less cannot make lactose tolerance test appointments on-line. When calling the Provincial Appointment Booking Line to book this appointment, be prepared to provide the weight of the patient so the lab can ensure the appropriate testing material is available. These appointments may be booked 5 or more days out from the booking date.

Early morning appointments are the most popular with our customers and are often booked well in advance.

- You can make appointments up to 3 months in advance.
- If you start your fast later in the evening, you may have more opportunity to make a mid-morning appointment.

If you cannot keep your appointment, please cancel it by calling Provincial Appointment Booking Line.

Please follow the instructions below for accurate test results.

8 hours before your appointment	<ul style="list-style-type: none">• Do not eat, chew (including gum or candy) or drink (except small amounts of water) for 8 hours before your appointment. This includes barium.• Please do not book x-rays that use a barium drink on the same day before your fasting blood test.
During your appointment	<ul style="list-style-type: none">• Be prepared to stay at the laboratory for the duration of the test (about 2.5 hours).• You may not smoke, eat (including gum or candy) or drink (except small amounts of water) during the test.• You may use the laboratory washroom.• The test consists of<ul style="list-style-type: none">○ An initial blood collection.○ Drinking the lactose.○ Three more blood collections 30 minutes, 1 hour and 2 hours after you finish the lactose drink.• Please feel free to bring the following items with you<ul style="list-style-type: none">○ a warm sweater or jacket to wear,○ a book to read or a craft to do,○ a snack to eat after all collections are done.• Let the laboratory staff know if you feel sick during your test.
Drink Ingredients	<ul style="list-style-type: none">• Lactose Monohydrate• There is no flavoring or coloring.