



HYDROGEN BREATH TEST - LACTOSE INTOLERANCE TEST

A hydrogen breath test is the most accurate lactose intolerance test. People who have lactose intolerance are unable to fully digest the lactose in milk. Lactose intolerance is usually harmless but its symptoms (diarrhoea, gas or bloating after eating or drinking dairy products) can be uncomfortable.

THE TEST

- You must fast from 9.00 p.m. (no food or liquids) the night before the test.
- You will be given a half pint of milk to drink upon arrival at the G.I. Function Lab.
- The test involves taking a breath sample every half hour for a period of three hours.
- The entire procedure will take approximately three and a half hours.

The results of your test will be sent to your referring doctor.