



## INSTRUCTIONS FOR COLLECTING A LACTOSE OR MILK SUGAR TOLERANCE SAMPLE FOR A PATIENT

A lactose tolerance test is used to assess the ability of the body to accept lactose or milk sugar. The test involves measuring the glucose level in the fasting blood and the changes in the level over time after consuming a certain amount of a lactose solution. The results are used to diagnose intolerance for milk and dairy products. Lactose intolerance is a milk sugar absorption disorder, not a milk allergy.

Your physician will decide whether it is necessary to test for lactose intolerance in your case. You will receive the referral from the physician who prescribed the test or a nurse, who will also ask you to buy a special lactose solution from a pharmacy before the procedure.

### Preparations for a lactose tolerance test:

- continue your normal lifestyle for three days before the test, consuming at least 150 g of carbohydrates per day;
- do not eat for 8–14 hours before the test;
- do not smoke in the morning of the test;
- if you take any medicinal products, please consult your physician (the test may be conducted at least 2 weeks after taking antibiotics).

Make sure you have enough time, as the test takes **one hour**.

### Conducting a lactose tolerance test:

- please arrive at the lab's reception starting from 8 a.m. with your referral;
- you will be referred to a blood sample collection room;
- the test involves collecting blood from your vein **four times**;
- the first blood sample is taken when you arrive for testing. Then, you will have to drink the lactose solution bought from a pharmacy within 5 minutes;
- after that, you will be required to sit in the waiting room and you **may not eat, drink, smoke, or move actively** in this period;
- the second blood sample will be collected exactly 20 minutes after you drank the lactose solution;
- the third blood sample will be collected 40 minutes after drinking the lactose solution;
- the fourth blood sample will be collected 60 minutes after drinking the lactose solution;
- you will receive the results of your test from your physician at the agreed time.

Further information about the location and opening times of the laboratory can be found on the website of the North Estonia Medical Centre at [www.regionaalhaigla.ee](http://www.regionaalhaigla.ee) or by calling **617 1300**.

North Estonia Medical Centre

[www.regionaalhaigla.ee](http://www.regionaalhaigla.ee)

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The patient instructions have been approved by the laboratory of the North Estonia Medical Centre (2023).