



**Women's Medicine Collaborative**  
A program of The Miriam Hospital  
*Lifespan. Delivering health with care.™*

Silvia Degli Esposti, MD ♦ Colleen Kelly, MD ♦ Amanda Pressman, MD ♦ Sara Wriston, NP

**Lactose Malabsorption Test**  
**Patient Instructions**

**\*Please bring photo identification and a list of ALL your medications and dosages.**

Test Date: \_\_\_\_\_ Appointment Time: \_\_\_\_\_ AM PM

**INSTRUCTIONS**

**Day Before your test**

- Do not eat slowly digested foods such as beans, bran or other high fiber cereals the day before your test.

**12 Hours Before your test**

- Nothing to eat or drink for **12 hours** before your test.
- No gum or candy.

**3 Hours Before your test**

- **3 hours** before your testing time, drink 6-8 ounces of milk.

**30 Minutes Before your test**

- Do not smoke, sleep or exercise vigorously for at least 30 minutes before your test, or at any time during testing.

Three hours after you drink the milk, you will be asked to breathe into a collection container to collect your sample.

Results will be given to you the day of your test.

Your will have your test at:

Women's Medicine Collaborative  
Center for Women's Gastrointestinal Medicine  
146 West River Street  
3<sup>rd</sup> Floor, Suite 11-D  
Providence, RI 02904

Please call the office if you have any questions  
(401) 793-7080.