

**ARNOT HEALTH
POLICY & PROCEDURE MANUAL**

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(replaces VII.iii.1310)

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TITLE: LACTOSE TOLERANCE PROCEDURE

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A lactose tolerance is used to determine if a patient lacks the enzyme, mucosal lactase, that is necessary to convert milk sugar lactose into glucose and galactose. A person lacking the enzyme suffers from gastrointestinal distress and diarrhea following the ingestion of milk and other lactose-containing foods. This test must be scheduled in advance through the phlebotomy department.

PROCEDURE:

1. Place an order with the pharmacy for the lactose "cocktail" ahead of time.
2. The patient is instructed to fast overnight.
3. Obtain a fasting glucose specimen.
4. Have the patient drink the lactose "cocktail".
5. The test timing begins when the drink is finished.
6. Collect specimens at ½, 1, 2, and 3 hours.
7. Collection of urine specimens is not necessary.

To Mix Cocktail:

- For patients over 50 pounds, dissolve one packet of lactose powder in a glass with 250 ml of water or equivalent to 8 oz. cup.
- For patients under 50 pounds, a dose adjustment is necessary. Call the pharmacy at 4113

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