

Your doctor has requested a Lactose Tolerance Hydrogen Breath Test.

The Lactose Tolerance test is not able to be performed on patients who are taking insulin. If your doctor has any questions or concerns please have them call the Biochemist on call at LifeLabs.

You need to book an appointment for this test.

Your appointment is on _____ at _____.

In order to produce a meaningful laboratory test result, you must follow these instructions.

Before you come to the lab:

- Do not eat, chew or drink anything (except small sips of water) for 10 hours before your appointment.
- No smoking for at least 2 hours prior to or during the test.
- No sleep or vigorous exercise is allowed for at least 30 minutes prior to or during the test.
- **This test is not covered by MSP. You are responsible for payment.**

When you arrive in the lab:

The test will take approximately 2 hours to complete. You will be expected to remain in the laboratory for the duration of the test. You will be asked to:

1. Provide the 1st breath sample (baseline).
2. Drink a sweet solution.
3. Wait 60 minutes (do not smoke, eat, drink or chew anything during this time) and provide the 2nd breath sample.
4. Wait another 60 minutes (do not smoke, eat, drink or chew anything during this time) and provide the 3rd breath sample.

If you feel any symptoms such as abdominal cramps, diarrhea, bloating, etc., please notify the staff.


Lactose Breath Test Collection Sites – BC

| Location | Address | For Appointments Phone: |
|-----------------|--------------------------------|-------------------------|
| Coquitlam | 208 – 3001 Gordon Ave | (604) 412-4495 |
| Courtenay | 496 10 th Street | (250) 334-4637 |
| Campbell River | 277 Evergreen Road | (250) 287-3533 |
| Duncan | 102 - 149 Ingram Street | (250) 748-3231 |
| | 208 - 2763 Beverly Street | (250) 746-1599 |
| Ladner | 104 – 4515 Harvest Dr | (604) 412-4495 |
| Ladysmith | 541 3 rd Avenue | (250) 245-7233 |
| Nanaimo | 87 Wallace Street | (250) 754-7524 |
| | 6010 Brickyard Road | (250) 758-7852 |
| | 2-4047 Norwell Drive | (250) 758-1811 |
| North Vancouver | 209 -1200 Lynn Valley Road | (604) 412-4495 |
| | 201 – 3650 Mt. Seymour Parkway | (604) 412-4495 |
| Parksville | 103-West 154 Memorial Ave | (250) 248-6913 |
| Port Alberni | 4565 Wallace Street | (250) 723-2312 |
| Qualicum Beach | 2-140 First Ave | (250) 752-6222 |
| Richmond | 107 – 6051 Gilbert Rd | (604) 412-4495 |
| Surrey | 201 – 12080 Nordel Way | (604) 412-4495 |
| Vancouver | 5786 Victoria Drive | (604) 412-4495 |
| | 220 – 943 W. Broadway | (604) 412-4495 |
| | 4305 W. 10 th Ave | (604) 412-4495 |
| Victoria | 130 -1900 Richmond Avenue | (250) 595-1211 |
| | 106-4480 West Saanich Road | (250) 479-9919 |
| | 220-172 Wilson St. | (250) 388-5232 |