

LACTOSE TOLERANCE TEST

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Required Specimen Type	Blood sample
Medical Supplies	<ul style="list-style-type: none"> SST gel tubes; Biohazard bag.
General Guidelines	<ol style="list-style-type: none"> All specimens must include a double identification (first and last name of the patient and date of birth or medicare number). The use of gloves is required when handling all biological specimens. A valid requisition must include the following information : <ul style="list-style-type: none"> First and last name of the patient, date of birth or medicare number and gender. Date and time of specimen collection and signature of collector. Physician's full name, signature and license number (or other qualified prescriber). Any relevant clinical information. Requested tests.
Patient Preparation	<ol style="list-style-type: none"> The patient must fast for 10 hours; The test must be performed while the patient is sitting calmly; The lactose drink has to be consumed within a 5 minute period; It is forbidden to drink or eat throughout the duration of this test (with the exception of the lactose drink); Samples are centrifuged after collection and are analysed for glucose levels; Lactose quantity: <ol style="list-style-type: none"> Adults : 50 g in 200 mL H₂O; Children 2 g/kg of body weight in 200 mL H₂O (do not exceed 50 g).
Specimen Collection Instructions	<p>The blood samples should be collected according to the following time intervals:</p> <p><i>Note: A capillary blood glucose test is recommended before drinking the lactose solution;</i></p> <ol style="list-style-type: none"> 0 minute before the lactose drink; 15 minutes after the lactose drink; 30 minutes after the lactose drink; 45 minutes after the lactose drink; 60 minutes after the lactose drink; 90 minutes after the lactose drink.
Additional Information	<p>The lactose tolerance test consists of dosing blood glucose several times before and after ingestion of a known amount of lactose in the form of a drink.</p> <p>Note: The glucose tolerance test should be performed first. If the results for the glucose tolerance test show an abnormal glucose absorption i.e. a flat line of glucose values, it is not recommended to proceed with the lactose tolerance test. The lactose tolerance and the glucose tolerance tests should not be performed on the same day.</p>
Specimen Conservation and Stability	<ul style="list-style-type: none"> 24 hours at room temperature after centrifugation 72 hours refrigerated