Lactose Tolerance Mixing and Dosing Instructions

Kit - LW#53862

Patient preparation for Oral Lactose Tolerance Test:

- Normal diet containing abundant starch and carbohydrates (150 grams carbohydrates per day).
- Fasting for 12 hours prior to testing.
- No coffee or smoking before or during the test.
- Nothing by mouth during the test except small amounts of water.

Dosage of Lactose:

Adult dosage: 50 grams lactose (for all adults that weigh over 50 lbs.)

- Use 2 packages of LacTest® (contains 25 grams each) for a total of 50 grams of lactose. Add contents of 2 packages to 8 oz (250 mL of water). Mix thoroughly to suspend the ingredients of the packets. Can be made up 1–2 days prior to test and refrigerated until time of testing.

Note: For adults under 50 lbs., refer to chart below

Children dosage: 2 grams lactose per kg of patient weight up to 50 grams. Refer to chart below.

Prepare the Lactose Solution as follows:

1. Reconstitute each packet of LacTest (contains 25 grams each) using 4 oz (125 mL) of water. For children over the weight of 28 lbs you will need 2 packets using 8 oz (250 mL) of water. Mix thoroughly to suspend the ingredients of the packets.

2. Determine the dosage using the chart below. Add water to the measured dose of LacTest® solution to bring the final volume of liquid consumed to a total of 8 oz (250 mL).

Patient Procedure:

- Patient must be fasting. An infant must be fasting 6 to 9 hours. Draw fasting glucose (baseline) sample.
- Give lactose as prepared above.
- Have patient drink the lactose solution over maximum of 10 minutes.

Note: A small volume of water may be given after drinking LacTest® solution.

- Blood samples are obtained at 30, 60 and 90 minutes after the lactose is given.
- Symptoms should be sought from every patient and they should report if they have diarrhea.

<table>
<thead>
<tr>
<th>Weight (lbs)</th>
<th>Weight (kg)</th>
<th>LacTest® Solution (oz)</th>
<th>LacTest® Solution (mL)</th>
<th>Water (oz)</th>
<th>Water (mL)</th>
</tr>
</thead>
<tbody>
<tr>
<td>14-21</td>
<td>6-10</td>
<td>3</td>
<td>75</td>
<td>5</td>
<td>175</td>
</tr>
<tr>
<td>22-28</td>
<td>11-13</td>
<td>4</td>
<td>120</td>
<td>4</td>
<td>130</td>
</tr>
<tr>
<td>29-35</td>
<td>14-16</td>
<td>5</td>
<td>150</td>
<td>3</td>
<td>100</td>
</tr>
<tr>
<td>36-42</td>
<td>17-19</td>
<td>6</td>
<td>180</td>
<td>2</td>
<td>70</td>
</tr>
<tr>
<td>43-49</td>
<td>20-22</td>
<td>7</td>
<td>210</td>
<td>1</td>
<td>40</td>
</tr>
<tr>
<td>50+</td>
<td>23+</td>
<td>8</td>
<td>250</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>