

METHOD OF
COLLECTION

LACTOSE TEST



IMPORTANT

IF YOU HAVE DIFFERENT TYPES OF SAMPLES TO TAKE, THE BLOOD SAMPLE SHOULD ALWAYS BE TAKEN LAST.

MATERIAL

To perform this sampling, we provide you with:

- 1 dose of 50g of lactose



IMPORTANT

The lactose test can take up to 2 hours.

It is necessary to ensure that the center's opening hours allow for the test to be carried out.

CONDITIONS FOR PERFORMING THE TEST

- It is essential to fast for 8 hours before the test.
- (except for water).
- **No dairy products the day before the test.**

Your doctor will tell you if taking medication before the test can affect the results.



OUR RECOMMENDATIONS DURING THE TEST

- No drinking, eating, or smoking.
- Remain seated if possible.
- Going to the toilet is permitted.

Do not hesitate to report any discomfort.

If vomiting occurs within half an hour, the test will be interrupted and postponed.

THE LACTOSE TEST

- The first blood sample is taken on an empty stomach using a fluorinated tube.
- The patient ingests 50g of lactose dissolved in 250ml of water.

Four consecutive samples are taken every thirty minutes on a fluorinated tube. (30', 60', 90' and 120').

- A blood glucose test will also be carried out.