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## Hunterdon Medical Center Laboratory Lactose Tolerance Instructions

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### Collection Instructions:

**It is imperative all collection tubes are properly labeled with the patient's last name, first name, date of birth, date and time of collection.**

1. Perform finger stick glucose prior to administering Lactose®.  
**NOTE:** If glucose is 160 mg/dl or greater contact the ordering Physician for instructions.
2. Draw **fasting** venipuncture specimen prior to administering the Lactose® solution; label this specimen tube **fasting** with the date and time of collection.
3. Give Lactose® according to the following:
  - **Infants/children up to 12 years:** 2g/kg of body weight with a maximum of 50g in 250ml water.
  - **Adults:** over 12 years: 50g in 250ml of water.
4. Begin the timing of your first specimen to be collected after the patient has **finished** the Lactose® solution.
5. The remaining specimens are to be collected at 30 minutes, 1 hour, 2 hour, and 3 hour intervals.
  - label each tube with the appropriate times of each collection listed above