

<b>ASST Ovest Milanese (West Milan Local Healthcare Authority)</b>  Department of Services and Diagnostic Imaging	<b>INFORMATION FOR EXHALED AIR COLLECTION</b>	<b>MAC221-E</b>  Page 1 of 1
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VERIFICATION AND APPROVAL			
Revision	Date	Office	Approved by
0	February 2023	Director of the Services and Diagnostic Imaging Department -- Head of the Analysis Laboratory Department	Dr Pierangelo Clerici Dr Sergio Finazzi
1	February 2025	Director of the Analysis Laboratory Department	Dr Sergio Finazzi
2	23 Marzo 2026	Director of the Analysis Laboratory Department	Dr S. Finazzi

## LACTOSE BREATH-TEST

The Lactose Breath-Test or LBT or lactose intolerance test is a method for diagnosing lactose intolerance. Both children and pregnant women can undergo this test.

The patient must initially blow into a balloon and straight after that drink 25 gr. of lactose dissolved in glass of water. From this moment, the patient must blow into the balloon after 60, 90, 120, 150, 180, 210 and 240 minutes from the lactose load.

**The test lasts four hours.**

### To take the test, you must also abide by the following instructions

- ✓ In the 4 weeks prior to the test, do not take antibiotics, laxatives, probiotics or prokinetics, and do not undergo any examinations, such as colonoscopy or digestive X-ray with contrast medium
- ✓ In the days before it, do not perform enemas or barium enemas
- ✓ The day before the test, do not take milk or dairy products (check on the packaging of foods consumed the list of ingredients), bread, pasta, flour-based foods and fibre (fruit, vegetables, legumes)
- ✓ The evening before the test, stick to the following diet: have dinner with boiled rice and grilled or boiled meat/fish, seasoned just with oil. Do not have any carbonated drinks, only natural spring water
- ✓ Abstain from smoking from the evening immediately before the test
- ✓ Apply a careful oral hygiene with toothpaste and mouthwash, both the evening before and the morning of the test.
- ✓ We recommend fast for at least 8 hours (do not eat sweets or chewing gum) on the morning of the test.
- ✓ Do not engage in any physical activity the morning before the test
- ✓ If possible, do not take (after consulting your doctor) any inhaled drugs the morning of the test

### Recommendations for the patient

- ✓ Throughout the test (4 hours), the patient must remain in our department, without eating or smoking. He can only drink still water
- ✓ For patients under 14 years of age, it is necessary to communicate the body weight over the phone to the SAMPLE COLLECTION CENTRE (0331/449640), at least one week ahead of the test