

**Please deliver to:** \_\_\_\_\_

## Instructions for Collection Staff

### Making up the Drink:

Make up the lactose drink in advance.

**Adult:** 50g of pure lactose

**Child:** 1g per kg body weight

Mix lactose into a glass of cold water and stir well. The drink will have a milky appearance and will taste slightly sweet.

### Blood Collection:

1. Collect **FASTING glucose** sample (1 x Fluoride Oxalate)
2. Patient should drink the lactose and timing should begin when drink finished.
3. Collect **glucose** samples at **30 minutes, 1 hour** and **2 hours** after the drink is finished.

NOTE: there should be **4** Glucose samples collected in total

**During the test**, please record any symptoms that the patient may have including cramps, gas, diarrhoea etc. on the Lactose Tolerance Check Sheet and attach to request form.