
0020407**Lactose Tolerance****LACTOL**

Specimen Required: Patient Prep: Recommend drawing specimens for baseline (fasting), 30 minutes, 60 minutes, 120 minutes, and 180 minutes after lactose load (lactose may be obtained from a hospital pharmacy). Fasting patient should be given 50 g lactose in 200-300 mL water consumed in 5 to 10 minutes. Note: If severe lactase deficiency is suspected, the dose should be lowered.

Collect: Gray (sodium fluoride/potassium oxalate). Collect separate tube for each timed point.

Specimen Preparation: Separate plasma from cells ASAP or within 2 hours of collection. Transfer 1 mL plasma **for each time point** to individual ARUP Standard Transport Tubes. (Min: 0.5 mL per timed determination)

Storage/Transport Temperature: **Frozen.**

Stability (collection to initiation of testing): After separation from cells: Ambient: 24 hours; Refrigerated: 72 hours; Frozen: 1 year