

Adjusting Your Diabetes Medicine and Diet for a Hydrogen Breath Test for Lactose Intolerance

A lactose intolerance tests measure how well your intestines break down lactose, a type of sugar found in milk and other dairy products.

Always follow your healthcare provider's instructions. If you see a diabetes educator or diabetes specialist, contact them at least 1 week before your test to ask about adjusting your diabetes medicine or insulin.

Follow the instructions the GI Clinic gives you about when and what to eat or drink before the test.

You'll have to drink liquid that has 26.3 g of lactose for the test.

The Night Before Your Test

- Basal (evening/bedtime) Insulin:** Take 50% (half) of your basal insulin (Humulin N[®], Novolin[®] NPH, Lantus[®], or Levemir[®]), or the amount your healthcare provider says.
Your dose will be _____ units.
- Premix Insulin:** Take your regular dose (or the amount your healthcare provider tells you) at supper time.
- Insulin Pump:** You may need to reduce your basal rate by 10% to 20% overnight if there are concerns about low blood sugar. If there are no concerns, keep the same basal rate.

The Morning Before Your Test

- Bolus (meal) Insulin: Don't take** your morning bolus (meal) insulin (Apidra[®], Humalog[®], NovoRapid[®], Humulin R[®], or Novolin Toronto[®]).
 - Premix Insulin: Don't take** your morning premix insulin (Humulin 30/70[®], Novolin 30/70[®], Humalog 25/75[®]) until after the test and you're eating.
 - Basal Insulin: Take 50%** (half) of your basal insulin (Humulin N[®], Novolin NPH[®], Lantus[®], or Levemir[®]) or the amount your healthcare provider tells you.
Your dose will be _____ units.
 - Insulin Pump:** You may need to reduce your basal rate by 10% to 20% if there are concerns about low blood sugar. If there are no concerns, keep the same basal rate.
- *Be sure to bring a source of fast-acting sugar and your blood glucose meter with you.**

After Your Test

- Take 50% (half) or the amount your healthcare provider tells you of your premix insulin (Humulin 30/70®, Novolin 30/70®, or Humalog 25/75®) just before you eat.
- Take all other insulin doses as prescribed when you're eating.

If You take Diabetes Medicine other than Insulin

The Day Before Your Test

- Take your diabetes medicine as usual.

The Morning of Your Test

- Don't take any diabetes medicine until the test is done.
- Take your diabetes medicine at your first meal after the test or when your healthcare provider tells you to.

This material is for information purposes only. It should not be used in place of medical advice, instruction, and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.