

MATERIAL REQUIRED

Pack containing 50 g lactose solution (in children it is 1.75 g lactose/kg body weight, up to a maximum of 50 g).

PREPARATION OF THE PATIENT

The three days prior to the test:

- Maintain normal physical activity.
- Follow a diet rich in carbohydrates (at least 150g/day), see sample diet.

The day before the test:

- Avoid smoking and engage in normal activity.
- Dinner: you will have dinner at 8 pm. From that moment until the end of the test the following day, you will continue to fast (you can only drink water), you will not smoke and you will not do any kind of extraordinary exercise.
- You should get adequate rest, with at least 8 hours of sleep.

On the day of the test:

- Get up in sufficient time to reach the extraction point so that you are not in a hurry which prevents you from being physically and mentally at rest
- Arrive on an empty stomach and without smoking between 07:30 and 08:00 on the day of the appointment that you have previously made with the centre

During the test:

- Avoid all physical activity and remain seated and smoke-free.
- After glucose administration, you should not consume anything except water.

PROCEDURE FOR SAMPLE COLLECTION IN THE CENTRE

This procedure consists of taking blood and then administering a solution of 50 grams of lactose (in children it is 1.75g of lactose/kg of weight, up to a maximum of 50 grams), after which, at 30, 60, 90 and 120 minutes, successive blood extractions will be carried out. The total duration of the test is just over 2 hours.

If vomiting occurs during the test, the test is interrupted and will be repeated on another day.

***EXAMPLE OF A
DIET***

- Breakfast: 250 cc milk with coffee or tea and 10 g sugar.
60 g of bread.
25 g butter.
- Food: A plate of 60 grams of pulses or cereals to choose between white beans, lentils, chickpeas, or 50 grams of rice.
A vegetable dish of a choice of 250 g asparagus, 250 g tomato, 300 g lettuce, 300 g escarole.
1 meat or fish dish of a choice of 150 g beef or veal, 200 g chicken, 150 g liver, 200 g red sea bream, 150 g sardines or anchovies
200 g apple, pear or banana or 300 g orange.
- Afternoon snack: As well as breakfast.
- Dinner. A choice of 30 g of pasta, 200 g of green beans or 300 g of chard.
A salad plate consisting of 100 g of tomato and 100 g of lettuce or escarole.
A plate of meat or fish as well as lunch.

Remarks: all-day oil 40g (sunflower oil). The weights of food always correspond to the cleaned food before cooking and fruits shall be weighed after peeling.

If you have any further questions, please do not hesitate to contact Analiza by email at atencionalpaciente@analizalab.com or by telephone on 902 67 64 57.