

Non-Technical SOP

Title	Lactose Tolerance Collections	
Prepared by	Adria Marallo	Date: 4/17/05
Owner/BPT leader	Eric Mattenson	Date: 5/10/07

Corporate Approval		
BPT Medical Advisor	James E. Fitzwater, MD.	
Signature	Original on file with Technical Standards and Process group	Date: 5/10/07
Medical Director/designee	Joyce Schwartz, MD. PhD.	
Signature	Original on file with Technical Standards and process group	Date: 5/10/07
Corporate Issue Date	5/25/05	

Local Approval		
Print Name and Title	Signature	Date
Vincent DeRisio, D.O. Medical Director		06/18/2007
Donna Bryant Manager Patient Services		06-18/2007
Local Issue Date:		Local Effective Date:

12 month (or new) management review and approval: Signature acknowledges SOP version remains in effect with NO revisions.		
Print Name	Signature	Date
Vincent DeRisio, M.D. Medical Director		06/18/2007
Donna Bryant Manager Patient Services		06/18/2007

1. PURPOSE The purpose of this document is to standardize the collection procedure for Lactose Tolerance collections in the Patient Service Centers.

2. SCOPE This document applies to all Quest Diagnostics phlebotomists and authorized employees.

3. RESPONSIBILITY

Task	Responsibility
Review, Approval and Update	Director of Patient Services
Ensure all procedures are followed	Patient Services Manager
Comply with Procedure	Patient Services Staff

4.0 DEFINITIONS

The Lactose Tolerance Test measures the ability of a patient’s intestine to digest lactose. This test is used to evaluate deficiency of small bowel mucosal lactase, which may be associated with intolerance to lactose. The test measures the amount of glucose in the blood.

5.0 PROCEDURE Lactose Tolerance Test

Step	Action
1	The Lactose Tolerance Test is scheduled by appointment only. When the appointment is scheduled, order the lactose powder through the Materials Management (supply) department.
2	Prepare the lactose solution the day before the appointment and refrigerate. <ul style="list-style-type: none"> • For an adult, 50 grams of lactose mix dissolved in 250 ml of water. • For a child (1-12yrs.) 1.7 grams per kilogram (2.2 lbs.) of body weight dissolved in 250 ml of water. Minimum of 10 grams to a maximum of 50 grams. • Infants 0.6-1.3 grams lactose/kg of body weight. Note in comments section of electronic (Care360) or manual requisition when dosages less than 50 grams are administered.
3	Assure patient has not eaten or had anything to drink for 8-12 hours (except water) before the test. The patient must also avoid strenuous exercise for 8 hours before the test.
4	Draw a fasting sample in a gray top tube prior to the lactose administration. Label with appropriate patient identification as well designating as a fasting specimen on the tube.

5	Give the patient the prepared lactose solution. Phlebotomist must supervise ingestion. Lactose powder does not dissolve easily – frequent stirring is required to maintain suspension; make certain the patient has ingested all the lactose in the dose. Note the time the solution is finished. All solution should be ingested within 5 minute period.
6	After ingestion of the lactose, draw blood in gray (sodium fluoride/potassium oxalate)top tubes at the following time intervals. <ul style="list-style-type: none"> • 30 minutes • 60 minutes • 120 minutes Maintain blood specimens at room temperature.
7	The patient should not eat, smoke or chew gum during the test. The patient is not encouraged to drink. A moderate amount (1 glass of water) is acceptable. The patient should remain seated or lying down during the test.
8	If the patient vomits or faints during the test, consult with the patient’s physician to determine test continuation.
9	If the patient experiences severe diarrhea during the test, consult the patient’s physician to determine test continuation.
10	Explain the potential for gastric distress (diarrhea, cramping) for the remainder of the day to the patient.

6. RELATED DOCUMENTS

Quest Diagnostics, Directory Of Services, 06/2006

7. REFERENCES

Teitz, NW; Clinical Guide to Laboratory Tests: Third edition. WB Saunders Co; 1995. 2. Teitz Fundamentals of Clinical Chemistry; 5th Edition.

8. REVISIONS

Version	Date	Revision	Submitted by:
2.0	5/10/07	Children’s age and reduced dosing calculation	A.Marallo
2.0	5/10/07	Branch Operations to Patient Services	A.Marallo
2.0	5/10/07	Infant dosing added	A.Marallo
2.0	5/10/07	Supervision of lactose ingestion added	A.Marallo
2.0	5/10/07	Draw time intervals adjusted to 30, 60, 120 minutes to meet DOS criteria.	A.Marallo

