

Pathology and Laboratory Medicine Memorandum

To: Central Zone Healthcare Providers and Health Service Directors

From: Dr. Amy Lou, Director of Core Chemistry Lab, Central Zone
Dr. Michael Stewart, Gastroenterologist, Central Zone

Date: January 19, 2024

Message: **Discontinuation of Lactose Tolerance Testing in Central Zone**

Effective immediately, lactose tolerance testing (LTT) will no longer be offered in Central Zone.

Historically, confirmation of the diagnosis of lactose intolerance has relied on performing a LTT. This test as well as the hydrogen breath test (which is not offered in Nova Scotia) have modest sensitivities ranging from 60 - 70%. For this reason the local Gastroenterologists recommend a trial of lactose free diet as being more practical and robust than either test, in the management of patients suspected to be lactose intolerant.

If you have questions, please contact:

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