

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

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

**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.

---

## Testing Your Blood Sugar

---

**Test your blood sugar anytime you feel your blood sugar is low or high.**

- Test your blood sugar at least every 4 hours. Blood sugars in the range of 8 to 12 mmol/L are fine for this test, even if it's higher than your usual target.
- If you have type 1 diabetes and your sugars are over 14 mmol/L, test your urine or blood for ketones.
  - If positive for ketones, you may need extra insulin. Moderate to large ketones may mean that you're in DKA (diabetic ketoacidosis) and need to go to the Emergency Department right away.
- If you're worried about your blood sugar level, speak with your healthcare provider or diabetes educator.

## Adjusting Your Diabetes Medicine

### If You Take Insulin

#### *The Day Before the Test*

##### Supper

- Premix Insulin:** Reduce your dose of premix insulin (Humulin 30/70<sup>®</sup>, Novolin 30/70<sup>®</sup>, or Humalog 25/75<sup>®</sup>) by 25% (or the amount your healthcare provider tells you).

Your dose will be \_\_\_\_\_ units.

- All other insulin:** All doses stay the same.

##### Evening/Bedtime

- Basal Insulin:** Reduce your dose of basal insulin (Humulin N<sup>®</sup>, Novolin<sup>®</sup> NPH, Lantus<sup>®</sup>, Basaglar<sup>®</sup>, Toujeo<sup>®</sup>, Levemir<sup>®</sup> or Tresiba<sup>®</sup>) by 25% or the amount your healthcare provider tells you. Tresiba<sup>®</sup> may need to be reduced for 2–3 days before the procedure. Talk with your healthcare provider.

Your dose will be \_\_\_\_\_ units.

- 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.

#### *Test Day*

- Bolus (meal) Insulin: Don't take** your morning bolus (meal) insulin (Apidra<sup>®</sup>, Humalog<sup>®</sup>, NovoRapid<sup>®</sup>, Fiasp<sup>®</sup>, Humulin R<sup>®</sup>, or Novolin Toronto<sup>®</sup>).

- Premix Insulin: Don't take** your morning premix insulin (Humulin 30/70<sup>®</sup>, Novolin 30/70<sup>®</sup>, Humalog 25/75<sup>®</sup>) until after the test and you're eating.

- Basal Insulin:** Reduce your dose of basal insulin (Humulin N<sup>®</sup>, Novolin NPH<sup>®</sup>, Lantus<sup>®</sup>, Basaglar<sup>®</sup>, Toujeo<sup>®</sup>, Levemir<sup>®</sup> or Tresiba<sup>®</sup>) by 25% or the amount your healthcare provider tells you. Tresiba<sup>®</sup> may need to be reduced for 2–3 days before the procedure. Talk with your healthcare provider.

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***

- Premix Insulin:** Reduce your morning dose of premix insulin dose (Humulin 30/70<sup>®</sup>, Novolin 30/70<sup>®</sup>, or Humalog 25/75<sup>®</sup>) by 25% (or the amount your healthcare provider tells you) for your first meal after the test.

Your dose will be \_\_\_\_\_ units.

- All other insulin:** Take as prescribed.

### **If You Take Diabetes Medicine Other Than Insulin**

#### ***The Day Before Your Test***

- Take your diabetes medicine as usual or as your healthcare provider tells you.

#### ***Test Day***

- Don't take any diabetes medicine until after your test is done and you're eating. Then take it as per your scheduled dose.

**\*Be sure to bring a source of fast-acting sugar and your blood glucose meter with you.**

*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.*

