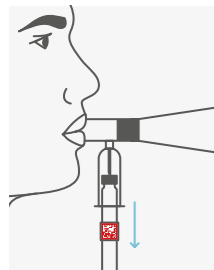
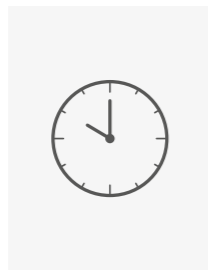


Instructions



Step 5

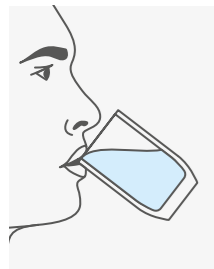
Continue to blow for about 2–3 seconds. Then remove the test tube from the sampling point and set it aside.



Step 7

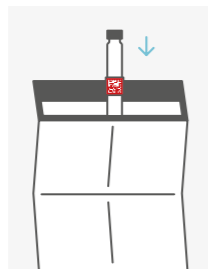
Repeat steps 1 to 5 at the following intervals after drinking the solution:

- 30 min. after drinking
- 1 hour after drinking
- 2 hours after drinking
- 3 hours after drinking



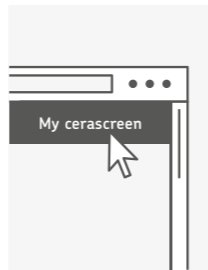
Step 6

Now drink up the lactose solution completely.



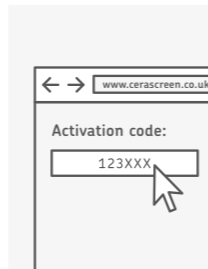
Step 8

Place all the air samples in the return envelope. **Retain the activation card** – you will need this to activate your test. Close the envelope carefully and send it immediately by post.



Step 9

To create your results report, you have to go to www.cerascreen.de, log in under 'My cerascreen' and activate your test kit. If you have not registered yet, create a user account in the 'My cerascreen' area.



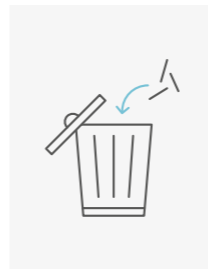
Step 10

After logging in, click on 'Activate test'. Then enter the 6-digit test ID. This can be found on your activation card. Confirm by clicking 'Next'.



Step 11

Fill out your personal patient questionnaire and submit it once it is complete. Once your air sample has been analysed, you will be notified by email and can access your result via 'My cerascreen'.



Step 12

Dispose of the used parts of the test kit in the household waste.



The cerascreen® Lactose Intolerance Test is a send-in sampling kit which is used for testing in the event of a suspected lactose intolerance. The test determines the concentration of hydrogen and methane in exhaled air after lactose exposure. The process is pain-free and can be done easily from home. The sample is analysed in vitro in the specialised cerascreen® diagnostics laboratory.

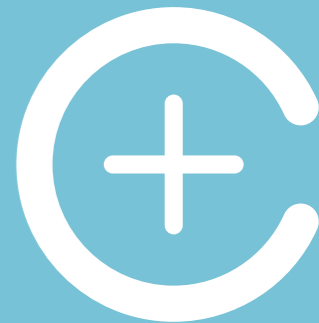
Manufacturer:

cerascreen® GmbH
Güterbahnhofstrasse 16
19059 Schwerin
Germany



support@cerascreen.co.uk
www.cerascreen.co.uk

CRS3-Laktose_EN_003
Valid from February 2018



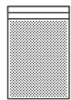
Lactose Intolerance Test

INSTRUCTIONS

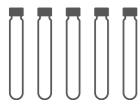
Your test kit contains:



Mouthpiece for air sampling CE



Test substance (lactose)



5 air test tubes CE



1 return envelope
1 activation card
with 5 adhesive labels



In vitro diagnostics



Read the instructions before taking the sample



For single use only



Store at a temperature between 2 °C and 30 °C



Contains 1 kit



Manufacturer



Expiration date



Conformité Européenne



Batch number



Order number

Information about the test

Important Information

The sample should only be taken **between Sunday and Tuesday (latest)** and sent off on the same day. Please take into account any public holidays.

It is **only** possible to analyse your sample if you register online and activate your test ID! More details on this can be found from step 9 onwards.

Do not consume any foods that can be bloating or are high in fibre (such as legumes, beans, lentils, cabbage, peas, whole meal products etc.) for at least 24 hours before taking the sample. You should also try to avoid foods that contain fructose, lactose or sorbitol.

Conduct test **sober!** Do not eat or consume alcohol for at least 12 hours before taking the sample.

General information

- Please read the instructions carefully **before** you begin.
- **Do not open the rubber cap on the air test tube!**
- If you have any difficulties taking the sample or if the kit is incomplete, please contact our customer service department, who will treat this matter confidentially.
- Respiratory gas sample kit for single-use self-testing!
- In regards to the previous version, no changes have been made to this manual as it pertains to the intended, correct and secure usage.

Warnings

- The kit may be used only by adults over the age of 18
- Store this kit out of the reach of children
- Caution: The sampling equipment contains a sharp needle!

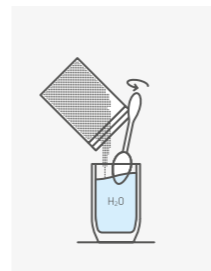
If you have any questions, please send us an email (support@cerascreen.co.uk) or visit our help website: www.cerascreen.co.uk/support.

Instructions

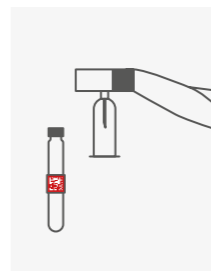


Preparation

Stick the coloured adhesive labels from the activation card onto the 5 air test tubes and lay them down side by side.

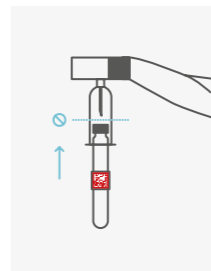


Add the lactose test substance to 300 ml lukewarm water. Stir until the entire powder has dissolved and the liquid is clear.



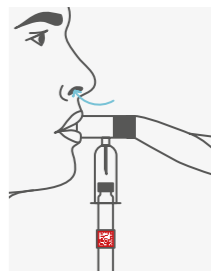
Step 1

The first air sample is a reference **BEFORE** taking the test substance! Take the mouthpiece with the respiratory gas bag and keep the sample container with the **red adhesive label** in the other hand.



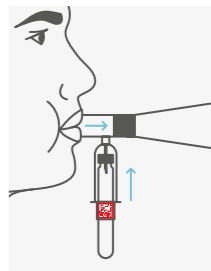
Step 2

Insert the test tube with the sealing cork into the sample equipment. **Caution:** The needle should **NOT** yet pierce the cork!



Step 3

Position the mouthpiece and breathe in deeply through the nose.



Step 4

Blow the breathed in air through the mouthpiece into the bag. Shortly before you run out of breath, press the test tube forcefully into the sample equipment. This action causes the internal needle to pierce the rubber cork.