

Information sheet lactose intolerance

What is lactose?

Lactose is a disaccharide that is naturally contained in dairy products. Industrially, however, lactose is also added to many processed foods (e.g. ready meals, sweets, baked goods).

In order for the body to metabolise lactose, it needs to be split by the enzyme lactase in the small intestine.

What is lactose intolerance?

If the enzyme lactase is not present in the small intestine in sufficient quantities, the lactose enters the lower portion of the intestine (large intestine) in its undivided form. There, intestinal bacteria break down the lactose and gases and acids are formed. This leads to the typical symptoms such as bloating, stomach aches, diarrhoea or constipation.

Lactose intolerance is the most common food intolerance worldwide; it is not life-threatening. Lactose intolerance is diagnosed via the hydrogen breath test.

Lactose intolerant – now what?

The treatment for lactose intolerance consists of a dietary change to low-lactose foods. In order to carry this out in accordance with the latest scientific recommendations, a dietary consultation is highly recommended.

You can **make an appointment** for a dietary consultation online at www.allergiezentrum.at/termin or by telephone at 01/982 41 21.

Costs per test (lactose, fructose, sorbitol or glucose)

€87 incl. 10% VAT (prices valid until 31.12.2025). Please note that the additional services requested by you cannot be settled with your social insurance agency and must therefore be paid for privately. If you fail to show up to the appointment or show up not on an empty stomach or otherwise unprepared and if the test is no longer possible as a result, you will still be charged for the test.