

# 氢气/甲烷呼吸测试：葡萄糖

如何做准备以及过程是怎样



## 如何做准备

提前 4 周开始	提前 2 周开始	提前 1 周开始	1 天前	在测试当日
<p>日期:</p> <ul style="list-style-type: none"> <li>• <b>停止</b>服用全部抗生素。</li> <li>• <b>不要</b>做任何要求您清洁肠道的程序，例如结肠镜检查或钡剂灌肠。</li> </ul>	<p>日期:</p> <ul style="list-style-type: none"> <li>• <b>如果</b>可以，而不引起胃肠症状或其他健康问题的话，停止服用所有益生菌。</li> <li>• 如果您患有糖尿病并服用胰岛素或糖尿病药物，请咨询您的糖尿病护理人员，询问测试当天服用剂量的改变。</li> </ul>	<p>日期:</p> <ul style="list-style-type: none"> <li>• 在您的测试期间，继续服用您的质子泵抑制剂 (PPI) 例如：<b>dexlansoprazole, esomeprazole, lansoprazole, omeprazole, pantoprazole, or rabeprazole</b> 等。</li> <li>• <b>如果</b>可以，而不引起胃肠症状或其他健康问题的话：                     <ul style="list-style-type: none"> <li>- <b>停止</b>服用所有泻药，大便软化剂，和粪便膨胀产品，例如 <b>Colace、Milk of Magnesia、Ex-Lax、Metamucil 或Citrucel</b>。</li> <li>- <b>停止</b>服用全部非由您的医生开出的药物以及补充剂。这包括多种维生素、草药和锯棕榈。</li> </ul> </li> </ul>	<p>日期:</p> <ul style="list-style-type: none"> <li>• 您<b>只能</b>吃这些食物：                     <ul style="list-style-type: none"> <li>- 纯白米饭，</li> <li>- 鸡，火鸡，或烤、蒸鱼</li> <li>- 蛋</li> <li>- 水</li> <li>- 原味黑咖啡或茶</li> </ul> </li> <li>• <b>只用</b>盐和胡椒粉给您的食物调味。</li> <li>• <b>不要</b>吃任何乳制品。这包括黄油和人造黄油。</li> </ul> <p><b>测试前12小时开始:</b></p> <ul style="list-style-type: none"> <li>• 除了饮水，<b>不要</b>吃或喝任何东西。</li> </ul>	<p>日期:</p> <ul style="list-style-type: none"> <li>• 如果您早上刷牙，等待2个小时后才开始您的测试。</li> <li>• <b>不要</b>使用漱口水。</li> <li>• 开始测试前，至少1小时<b>不要</b>吸烟或在吸烟的人身边。</li> <li>• 如果您患有糖尿病，请按照您的医疗服务提供者的指示进行任何糖尿病药物的更改。</li> </ul> <p><b>在测试期间:</b></p> <ul style="list-style-type: none"> <li>• <b>不要</b>吃、喝、嚼口香糖或烟草、吸烟或吃防口气薄荷糖或糖果。</li> <li>• 可以啜小口的水。</li> <li>• <b>不要</b>睡觉或做运动。</li> </ul> <p><b>测试以后:</b></p> <p>你可以马上恢复您的正常饮食和活动。</p>

## 如何找到我们的服务地点

消化健康中心  
206.598.4377

### 地点:

华盛顿大学医疗中心-蒙特湖Montlake院区  
手术大楼Surgery Pavilion 三楼  
地址: 1959 NE Pacific Street  
Seattle, WA 98195

### 行车路线:

从 NE Pacific St.路到达医院, 观看路标, 往急诊 Emergency方向行。在Stop牌之后, 进入左侧的Surgery Pavilion 停车场。

在车库停车后, 乘电梯到三楼。出电梯后, 右转进入消化健康中心。

## 有问题吗?

我们重视您的问题。如果您对测试有问题或顾虑, 请致电 206.598.4377。

## 为什么我需要做这个测试?

如果您有任何以下症状: 您的医疗服务提供者可能要求您做这个测试:

- 腹部痛
- 腹部痉挛
- 胃不舒服
- 腹胀
- 腹泻

这个测试可以发现是否有细菌在您的大肠(肠子)而导致您的症状。

## 过程是怎样

- 我们将会给您一个盒子, 里面包含一种糖溶液、一个测试管设备、测试管子和回邮指示。
- 您将在家中对此测试。喝完糖溶液后, 每隔15分钟, 您将向试管装置里呼气。您的医生会告诉您总共需要做多长时间。一些患者需要3个小时做这个程序。
- 遵循回邮指示寄回您的测试管。
- 寄出您测试管后, 化验室需要长达2周的时间处理您的呼吸样本及查看结果。为您预订测试的医疗服务提供者会在结果准备好后交给您。



# Hydrogen/Methane Breath Test: Glucose

*How to prepare and what to expect*

## How to Prepare

Starting 4 Weeks Before	Starting 2 Weeks Before	Starting 1 Week Before	Starting 1 Day Before	On Test Day
Date:	Date:	Date:	Date:	Date:
<ul style="list-style-type: none"> <li>• <b>Stop</b> taking all antibiotics.</li> <li>• Do <b>not</b> have any procedures that require you to clean your bowels, such as a colonoscopy or barium enema.</li> </ul>	<ul style="list-style-type: none"> <li>• Stop taking all probiotics, <b>if</b> you can do so without causing GI symptoms or other health problems.</li> <li>• If you have diabetes and take insulin or diabetes medicine, talk with your diabetes care provider about changing your doses on the day of the test.</li> </ul>	<ul style="list-style-type: none"> <li>• During your test, keep taking your proton pump inhibitors (PPI) such as dexlansoprazole, esomeprazole, lansoprazole, omeprazole, pantoprazole, or rabeprazole.</li> <li>• <b>If</b> you can do so without causing GI symptoms or other health problems:                             <ul style="list-style-type: none"> <li>- <b>Stop</b> taking all laxatives, stool softeners, and stool-bulking products such as Colace, Milk of Magnesia, Ex-Lax, Metamucil, or Citrucel.</li> <li>- <b>Stop</b> taking all medicines and supplements that your doctor did not prescribe. This includes multivitamins, herbal remedies, and saw palmetto.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• You may eat <b>only</b> these foods:                             <ul style="list-style-type: none"> <li>- Plain white rice, steamed</li> <li>- Chicken, turkey, or fish, baked or broiled</li> <li>- Eggs</li> <li>- Water</li> <li>- Unflavored black coffee or tea</li> </ul> </li> <li>• Season your food with <b>only</b> salt and pepper.</li> <li>• Do <b>not</b> eat any dairy products. This includes butter and margarine.</li> </ul> <p><b>Starting 12 hours before your test:</b></p> <ul style="list-style-type: none"> <li>• Do <b>not</b> eat or drink anything except water.</li> </ul>	<ul style="list-style-type: none"> <li>• If you brush your teeth in the morning, wait 2 hours before you start the test.</li> <li>• Do <b>not</b> use mouthwash.</li> <li>• Do <b>not</b> smoke or be around someone who is smoking for at least 1 hour before you start the test.</li> <li>• If you have diabetes, follow your provider’s instructions about any changes in your diabetes medicines.</li> </ul> <p><b>During the test:</b></p> <ul style="list-style-type: none"> <li>• Do <b>not</b> eat, drink, chew gum or tobacco, smoke, or eat breath mints or candy.</li> <li>• It is OK to have sips of water.</li> <li>• Do <b>not</b> sleep or exercise.</li> </ul> <p><b>After the test:</b></p> <p>You may return to your usual diet and activities right away.</p>

## How to Find Us

**Digestive Health Center**  
206.598.4377

**Location:**

University of Washington Medical Center -  
Montlake campus  
Surgery Pavilion, 3rd Floor  
1959 N.E. Pacific Street  
Seattle, WA 98195

**Directions:**

From N.E. Pacific St., follow the signs to the  
Emergency Room. At the stop sign, enter the  
Surgery Pavilion Parking Garage on the left.

After parking in the garage, take the elevator  
to the 3rd floor. As you exit the elevator,  
turn right into the Digestive Health Center.

## Questions?

Your questions are important. Please call  
**206.598.4377** if you have questions or  
concerns about your test.

## Why do I need this test?

Your provider may ask you to do this test if you have any of these symptoms:

- Belly pain
- Cramping
- Stomach discomfort
- Bloating
- Diarrhea

This test finds out if bacteria in your bowels (intestines) are causing your symptoms.

## What to Expect

- We will give you a box that contains a sugar solution, a test tube device, tubes, and mailing instructions.
- You will take this test at home. After you drink the sugar solution, you will breathe into the test tube device every 15 minutes. Your doctor will tell you how long you need to do this. Some patients need to do this for about 3 hours.
- Follow the instructions in the box to mail your test tubes.
- After you mail your test tubes, it may take up to 2 weeks for the lab to process your breath samples and review the results. The provider who ordered your test will give you the results when they are ready.