



UW Medicine

# 氫氣/甲烷呼吸測試：葡萄糖

如何做準備以及過程是怎樣

## 如何做準備

提前 4 週開始	提前 2 週開始	提前 1 週開始	1 天前	在測試當日
日期:	日期:	日期:	日期:	日期:
<ul style="list-style-type: none"> <li>• 停止服用全部抗生素。</li> <li>• 不要做任何要求您清潔腸道的程序，例如結腸鏡檢查或鋇劑灌腸。</li> </ul>	<ul style="list-style-type: none"> <li>• 如果可以，而不引起胃腸症狀或其他健康問題的話，停止服用所有益生菌。</li> <li>• 如果您患有糖尿病並服用胰島素或糖尿病藥物，請諮詢您的糖尿病護理人員，詢問測試當天服用劑量的改變。</li> </ul>	<ul style="list-style-type: none"> <li>• 在您的測試期間，繼續服用您的質子泵抑製劑 (PPI) 例如：dexlansoprazole, esomeprazole, lansoprazole, omeprazole, pantoprazole, or rabeprazole 等。</li> <li>• 如果可以，而不引起胃腸症狀或其他健康問題的話：                         <ul style="list-style-type: none"> <li>- 停止服用所有瀉藥，大便軟化劑，和糞便膨脹產品，例如 Colace、Milk of Magnesia、Ex-Lax、Metamucil 或 Citrucel。</li> <li>- 停止服用全部非由您的醫生開出的藥物以及補充劑。這包括多種維生素、草藥和鋸棕櫚。</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 您只能吃這些食物：                         <ul style="list-style-type: none"> <li>- 純白米飯，</li> <li>- 雞，火雞，或烤、蒸魚</li> <li>- 蛋</li> <li>- 水</li> <li>- 原味黑咖啡或茶</li> </ul> </li> <li>• 只用鹽和胡椒粉給您的食物調味。</li> <li>• 不要吃任何乳製品。這包括黃油和人造黃油。</li> </ul> <p><b>測試前12小時開始：</b></p> <ul style="list-style-type: none"> <li>• 除了飲水，不要吃或喝任何東西。</li> </ul>	<ul style="list-style-type: none"> <li>• 如果您早上刷牙，等待2個小時後才開始您的測試。</li> <li>• 不要使用漱口水。</li> <li>• 開始測試前，至少1小時不要吸煙或在吸煙的人身邊。</li> <li>• 如果您患有糖尿病，請按照您的醫療服務提供者的指示進行任何糖尿病藥物的更改。</li> </ul> <p><b>在測試期間：</b></p> <ul style="list-style-type: none"> <li>• 不要吃、喝、嚼口香糖或煙草、吸煙或吃防口臭薄荷糖或糖果。</li> <li>• 可以啜小口的水。</li> <li>• 不要睡覺或做運動。</li> </ul> <p><b>測試以後：</b></p> <p>你可以馬上恢復您的正常飲食和活動。</p>

## 如何找到我們的服務地點

**消化健康中心**  
206. 598. 4377

**地點:**  
華盛頓大學醫療中心-蒙特湖Montlake院區  
手術大樓Surgery Pavilion 三樓  
地址: 1959 NE Pacific Street  
Seattle, WA 98195

**行車路線:**  
從 NE Pacific St. 路到達醫院，觀看路標，往急診 Emergency 方向行。在 Stop 牌之後，進入左側的 Surgery Pavilion 停車場。

在車庫停車後，乘電梯到三樓。出電梯後，右轉進入消化健康中心。

## 有問題嗎？

我們重視您的問題。如果您對測試有問題或顧慮，請致電 206. 598. 4377。

## 為什麼我需要做這個測試？

如果您有任何以下症狀：您的醫療服務提供者可能要求您做這個測試：

- 腹部痛
- 腹部痙攣
- 胃不舒服
- 腹脹
- 腹瀉

這個測試可以發現是否有細菌在您的大腸（腸子）而導致您的症狀。

## 過程是怎樣

- 我們將會給您一個盒子，裡面包含一種糖溶液、一個測試管設備、測試管和回郵指示。
- 您將在家中進行此測試。喝完糖溶液後，每隔15分鐘，您將向試管裝置裡呼氣。您的醫生會告訴您總共需要做多長時間。一些患者需要3個小時做這個程序。
- 遵循回郵指示寄回您的測試管。
- 寄出您測試管後，化驗室需要長達2週的時間處理您的呼吸樣本及查看結果。為您預訂測試的醫療服務提供者會在結果準備好后交給您。



# 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.