

Steps for Hydrogen/Methane Breath Test: Lactose

For patients at the Digestive Health Center at UWMC - Montlake

		Check When Done
Step 1	Fill out the labels and mark the tubes 1 through 4. Do not mix up the tubes when taking your samples. If the tubes get out of order, you will need to redo the test.	<input type="checkbox"/>
Step 2	The Easy Sampler device is a mouthpiece with bag attached. It is inside a sealed plastic bag. Carefully remove the device from the bag.	<input type="checkbox"/>
Step 3	Do NOT drink any solution yet. We strongly advise that you practice taking a breath sample before you do the test. For your practice run, use the loose tube with a red top that is in your box.	
	a. Hold the Easy Sampler mouthpiece in one hand and the practice tube in your other hand.	<input type="checkbox"/>
	b. Take a normal breath in (not a deep breath). Close your mouth around the mouthpiece and breathe out (exhale) normally. The bag will inflate.	<input type="checkbox"/>
	c. Keep blowing into the mouthpiece to keep the bag inflated. At the same time, insert the practice tube into the tube holder on the side of the mouthpiece. Make sure you push the tube in far enough to puncture the top of the practice tube. Keep blowing for 1 to 2 seconds.	<input type="checkbox"/>
	d. While the bag is inflated, pull the practice tube out of the tube holder and set it aside. Breathe normally.	<input type="checkbox"/>
	e. After you are done, throw the practice tube away so that it does not get mixed with the real test tubes.	<input type="checkbox"/>
Step 4	Now it is time for the real test. Before you drink the solution, collect breath sample #1. We will use this sample as your baseline. Record the date and time that you collect this sample.	<input type="checkbox"/>
Step 5	Drink the solution right after you collect sample #1. Mix the entire packet (do not calculate based on weight). You can either mix the solution in 8 oz. of water, or drink the solution and then drink 8 oz. of water. Drink all the solution and water within 3 to 5 minutes.	<input type="checkbox"/>
Step 6	After you drink the solution, wait 60 minutes and then collect sample #2. For samples #2 through #4:	<input type="checkbox"/>
	<ul style="list-style-type: none"> Use steps 3b through 3d above to collect each breath sample. Wait 60 minutes between each sample. It will take 3 hours to collect all 4 samples. Record the date and time that you collect each of the samples. If you feel unusual symptoms at any time, please describe them briefly on paper and include them when you send in your samples.	

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.

During the 3 hours you are taking samples:

- Do **not** sleep.
- Do **not** do hard exercise.
- You can do quiet activities.
- Do **not** eat, chew gum or tobacco, smoke cigarettes, or eat breath mints or candy.
- You may have small sips of water during the test.

After the Test is Done

Put the 4 test tubes in the bubble bag. Place the bubble bag and any paperwork back in the cardboard container. Return or mail the container to Digestive Health Center - Montlake campus.

Your samples must be returned or mailed within 3 days of collection to the Digestive Health Center - Montlake Campus. On-site return hours are weekdays from 8 a.m. to 5 p.m., except for holidays.

If you have any questions during the test, call 206.598.4377.

Questions?

Your questions are important. Please call if you have questions or concerns about your hydrogen/methane breath test.

- **Weekdays between 8 a.m. and 5 p.m.:** Call the Digestive Health Center, 206.598.4377.
- **After hours, on weekends and holidays:** Call the Community Care Line at Harborview Medical Center, 206.744.2500.