



氫氣/甲烷呼吸測試：乳果糖 測試步驟

為華大醫療中心-蒙特湖院區UWMC-Montlake消化健康中心的患者準備

		完成後打勾
步驟 1	填寫好標籤，按1至10編號標記測試管。取樣本時不要將測試管的次序搞混亂，如果測試管的次序混亂了，您需要重做測試。	<input type="checkbox"/>
步驟 2	簡易的採樣器是一個吹氣嘴接一個附屬袋。它放在一個密封裡。小心地將採樣器從塑料袋取出	<input type="checkbox"/>
步驟 3	先不要喝溶液。我們強烈地建議，您在做測試前，先練習一下收取呼吸樣本。請使用盒子裡一個帶有紅色頂部的軟管做練習	
	a. 用一隻手抓住採樣器的吹氣嘴，另一隻手抓住練習軟管	<input type="checkbox"/>
	b. 正常地吸一口氣（不要深呼吸）。用嘴含住吹氣嘴，正常地吹氣，附屬袋會膨脹。	<input type="checkbox"/>
	c. 繼續吹氣進入吹氣嘴讓袋子保持膨脹。同時，將練習管插入吹氣嘴一側的管子套口裡。確保將管子推入足夠深度以能戳開練習管的頂部。保持吹氣 1 到 2 秒。	<input type="checkbox"/>
	d. 在袋子仍然處於充氣狀態時，將練習管拉出管套口，放在一旁。正常呼吸。	<input type="checkbox"/>
步驟 4	e. 做完練習後，扔掉練習管子，這樣它就不會與真正的測試管混合。	<input type="checkbox"/>
步驟 4	現在開始做真正測試。在您喝溶液之前，採集 #1 樣本。我們會使用這個樣本作為您的基線。請記錄您採集這個樣本的日期和時間。	<input type="checkbox"/>
步驟 5	在您採集了 #1 樣本之後，馬上喝溶液。混合整包的溶液（不要按體重定份量）。您可以把溶液混合於 8 oz 安士的水里喝，或者先喝溶液，再喝8 oz 安士的水。在 3 到 5 分鐘之內喝完所有溶液和水。	<input type="checkbox"/>
步驟 6	在您喝完溶液之後，等待 15 分鐘，然後採集 #2 樣本。 採集 #2 到 #10 樣本時： 每個樣本都遵從上述 3b 至 3d 步驟 請在採集每個樣本之間，等候 15 分鐘。完成10個樣本的採集，需要 3 小時	<input type="checkbox"/>
	請記錄每個樣本的採集日期和時間。如果您在任何時候覺得有異常症狀，用紙作簡要描述並附於樣本一齊寄回	

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。

在採集樣本的3個小時期間:

- 不要睡覺。
- 不要做較強的運動。
- 您可以做安靜的活動。
- 不要吃東西、嚼口香糖或煙草、抽煙, 或防口氣的薄荷糖或糖果。
- 您可以在測試期間啜小口的水

測試完成之後

將 10 支測試管放入氣泡保護袋中。將氣泡袋和所有文件紙張等放回紙皮
盒。將盒子送回或寄回蒙特湖院區UWMC-Montlake的消化健康中心

**您的樣本必須在採集之後 3 天之內送回或寄回蒙特湖院區
UWMC-Montlake 的消化健康中心。實地送回的時間是,
週工作日: 上午 8 點到下午 5 點, 節假日除外。**

如果你在測試期間有任何問題, 致電 206.598.4377。

有問題嗎?

我們重視您的問題。如果您對的氫氣/甲烷呼吸測試有問題或顧慮, 請聯繫我們。

- 週工作日, 上午8點和下午5點之間: 致電消化健康中心: 206.598.4377。
- 工作時間以外、週末和假日: 致電港景醫療中心社區關懷熱線:
電話 206.744.2500。

Steps for Hydrogen/Methane Breath Test: Lactulose

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 10. 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 do weight based calculation). 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 15 minutes and then collect sample #2. For samples #2 through #10:	<input type="checkbox"/>
	<ul style="list-style-type: none"> • Use steps 3b through 3d above to collect each breath sample. • Wait 15 minutes between each sample. It will take 3 hours to collect all 10 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 10 test tubes in the bubble bags. 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.