



氢气/甲烷呼吸测试：葡萄糖 测试步骤

为华大医疗中心-蒙特湖院区UWMC-Montlake消化健康中心的患者准备

		完成后打勾
步骤 1	填写好标签，按1至10编号标记测试管。取样本时不要将测试管的次序搞混乱，如果测试管的次序混乱了，您需要重做测试。	<input type="checkbox"/>
步骤 2	简易的采样器是一个吹气嘴接一个附属袋。它放在一个密封里。小心地将采样器从塑料袋取出	<input type="checkbox"/>
步骤 3	先不要喝溶液。我们强烈地建议，您在做测试前，先练习一下收取呼吸样本。请使用盒子里一个带有红色顶部的软管做练习	
	a. 用一只手抓住采样器的吹气嘴，另一只手抓住练习软管	<input type="checkbox"/>
	b. 正常地吸一口气（不要深呼吸）。用嘴含住吹气嘴，正常地吹气，附属袋会膨胀。	<input type="checkbox"/>
	c. 继续吹气进入吹气嘴让袋子保持膨胀。同时，将练习管插入吹气嘴一侧的管子套口里。确保将管子推入足够深度以能戳开练习管的顶部。保持吹气 1 到 2 秒。	<input type="checkbox"/>
	d. 在袋子仍然处于充气状态时，将练习管拉出管套口，放在一旁。正常呼吸。	<input type="checkbox"/>
	e. 做完练习后，扔掉练习管子，这样它就不会与真正的测试管混合。	<input type="checkbox"/>
步骤 4	现在开始做真正测试。在您喝溶液之前，采集 #1 样本。我们会使用这个样本作为您的基线。请记录您采集这个样本的日期和时间。	<input type="checkbox"/>
步骤 5	在您采集了 #1 样本之后，马上喝溶液。混合整包的溶液（不要按体重定份量）。您可以把溶液混合于 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 分钟之内喝完所有溶液和水。	<input type="checkbox"/>
步骤 6	在您喝完溶液之后，等待 15 分钟，然后采集 #2 样本。 采集 #2 到 #10 样本时： 每个样本都遵从上述 3b 至 3d 步骤 请在采集每个样本之间，等候 15 分钟。完成10个样本的采集，需要 3 小时	<input type="checkbox"/>
	请记录每个样本的采集日期和时间。如果您在任何时候觉得有异常症状，用纸作简要描述并附于样本一齐寄回。	

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。

在采集样本的3个小时期间:

- 不要睡觉。
- 不要做较强的运动。
- 您可以做安静的活动。
- 不要吃东西、嚼口香糖或烟草、抽烟, 或防口气的薄荷糖或糖果。
- 您可以在测试期间啜小口水

测试完成之后

将 10 支测试管放入气泡保护袋中。将气泡袋和所有文件纸张等放回纸皮盒。将盒子送回或寄回蒙特湖院区UWMC-Montlake的消化健康中心

您的样本必须在采集之后 3 天之内送回或寄回蒙特湖院区 UWMC-Montlake 的消化健康中心。实地送回的时间是, 周工作日: 上午 8 点到下午 5 点, 节假日除外。

如果你在测试期间有任何问题, 致电 206.598.4377。

有问题吗?

我们重视您的问题。如果您对氢气/甲烷呼吸测试有问题或顾虑, 请联系我们。

- 周工作日, 上午8点和下午5点之间: 致电消化健康中心: 206.598.4377。
- 工作时间以外、周末和假日: 致电港景医疗中心社区关怀热线:
电话 206.744.2500。



Steps for Hydrogen/Methane Breath Test: Glucose

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 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 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 bags 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