

Urea Breath Test for Helicobacter

Information for patients and families

Preparation for Urea Breath Test for Helicobacter

A pathology request slip from your doctor is required for this test. No appointment is needed, as long as the fasting requirements and medication requirements are met. The tablets are Halal-certified. If you have any concerns about this test you should contact your doctor before proceeding with this test.

Do not have a second Urea Breath Test within 2 days of your first test.

Before the test:

- No smoking for at least 8 hours before and during the test
- You must not eat or drink anything including water for at least 6 hours before the test
- You may brush your teeth but do not swallow any water or toothpaste
- With consent from your doctor, you will need to stop some medications:

Medication	When to stop
All antibiotics (except sulphonamides) e.g. Clarithromycin (Klacid) Doxycycline (Doryx, Doxsig, Doxylin) Erythromycin (Eryc) Metronidazole (Flagyl) Minocycline (Minomycin) Moxifloxacin Penicillin (Amoxil, Augmentin, Cilicaine V) Roxithromycin (Rulide) Tetracycline Bismuth-containing compounds e.g. Denol, Helidac	Minimum of 4 weeks prior to the test
Sucralfate e.g. Ulcyte, Carafate	Minimum of 2 weeks prior to the test
Proton pump inhibitors e.g. Omeprazole (Acimax, Losec, Maxor) Esomeprazole (Nexium) Lansoprazole (Zoton, Zopral)	Minimum of 1 week prior to the test
H2 receptor antagonists e.g. Cimetidine (Magicul) Famotidine Nizatidine (Tazac) Ranitidine (Ausran, Rani 2, Ranital, Zantac) Antacids e.g. Quick Eze, Gaviscon, Mylanta, ALU-tab, Eno, Gastrogel, Rennie Probiotic preparations	During the fasting period and during testing

What happens when you have the test:

- The collector will identify you
- The collector will also check to see if you have met the test preparation criteria
- Then they will give you a tablet to swallow with a little bit of water
- Three minutes later, another small amount of water will be given to you
- Seven minutes later, the collector will get you to blow into a balloon
- Check that your details are written on the balloon and the box
- The procedure is then complete
- A report will be sent to your doctor within a week

The C14 tablet that you swallow contains small amount of radioactive carbon 14, at a level similar to the amount of radiation you are exposed to during daily activity, so it is safe.

This test is safe for pregnant and lactating women and is also safe for children. Children must be able to swallow a capsule and blow into a bag through a straw to perform the test.

Further Information:

For more information or to make an appointment, contact NPV Epping collection centre P. (03) 8405 8350 between 1-4.30pm, Mondays to Fridays.

Northern Health welcomes your questions. Ask us:

What is my main concern?

What do I need to do?

Why is it important for me to do this?

You can ask questions when:

- You see a doctor, nurse or other health care provider
- You prepare for a medical test or procedure
- You receive medication

This information is general only. Northern Health encourages you to ask questions and get specific advice from your treating team.

Northern Health



If you need an Interpreter or the support of an Aboriginal Liaison Officer, please speak to a staff member.



www.nh.org.au