



Patient Instructions

Helicobacter Pylori Urea Breath Test

Your health care provider has requested that you have an H. pylori Urea Breath Test performed. To produce a meaningful laboratory test result, you must follow these instructions.

Prior to the Test:

Patients with an allergy to citrus cannot have this test.

Please discuss your medication use with your health care provider prior to taking this test. Antibiotics and acid lowering medication may interfere with this test and should not be taken for the periods indicated in brackets prior to the test.

1. Antibiotics e.g., Amoxicillin, Clarithromycin, Metronidazole, Tetracycline (4 weeks)
2. Bismuth Preparations e.g., Pepto-Bismol (2 weeks)
3. Proton pump inhibitors e.g., Nexium, Pariet, Prevacid, Losec, Pantoloc, Pantoprazole (Tecta®) (7 days)
4. H2 receptor antagonists e.g., Zantac, Tagamet, Pepcid (1 day)
5. Antacids e.g., Maalox, Diovol, Gaviscon, Tums (1 day)

Preparing for the test:

Preparation Time	Patient Instructions
4 hours before test	Do not Eat or Smoke/Vape (cigarettes, e-cigarettes, cigars etc.). Drink water (no added flavours), as needed. Coffee or tea is acceptable if no dairy/soy or sugar/sweeteners have been added. Note: Chewing gum and brushing teeth is also acceptable.
1 hour before test	Do Not Eat, Smoke/Vape or Drink Any Fluids

When you arrive in the lab:

The test will take approximately 40 minutes to complete. You will be required to remain at the lab for the duration of the test. This procedure is safe to complete during pregnancy.

Breath sample procedure:

1. Inhale a deep breath
2. Exhale for 4 to 8 seconds through the straw inserted into a collection tube
3. Near the end of exhalation, slowly remove the straw from the collection tube and continue to exhale until the straw is completely separated from the tube
4. Drink the lemon-lime solution
5. Wait 30 minutes in the Patient Service Centre (do not smoke, eat, or drink during this time)
6. Provide a second breath sample as in Step 2 above