



Patient Instructions

Helicobacter Pylori Urea Breath Test

Your doctor 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.

Do not smoke or eat anything for 4 hours before the test. Do not take any fluids one hour before test.

Hours Before H. pylori Test	Patient Instructions
2 to 4 hours before test	Do not Eat or Smoke. Drink water (no added flavours), as needed. Coffee or tea is acceptable if no dairy/soy or sugar/sweeteners have been added.
1 hour before test	Do Not Eat, Smoke or Drink Any Fluids

Please discuss your medication use with your physician 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)

If you are taking any of these medications, it is recommended that you discuss this with your doctor before having the test done.

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.

Collection Instructions

1. Fast for 4 hours before your test:
 - a. Do not smoke
 - b. Do not eat anything
 - c. No fluid at all for one hour prior to test

Note: Chewing gum and brushing teeth during the fasting period is acceptable.

2. Provide a breath sample:
 - a. Inhale a deep breath
 - b. Exhale for 4 to 8 seconds through the straw inserted into a collection tube
 - c. 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
3. Drink a lemon-lime solution
4. Wait 30 minutes in the Patient Service Centre (do not smoke, eat, or drink during this time)
5. Provide a second breath sample as in Step 2 above