

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:

- If you have an allergy to citrus or citric acid, you cannot have this test.
- This test is not available for children under three (3) years old.
- There is insufficient data to recommend this test for patients who are pregnant or lactating. Please discuss this test with your health care provider.

Please discuss your medication use with your health care provider prior to taking this test.

Antacids (e.g., Tums, Roloids) do not interfere with this test, but the following drugs should not be taken for the stated period prior to testing:

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, (2 weeks)
4. Sucralfate (2 weeks)
5. H2 receptor antagonists e.g., Zantac, Tagamet, Pepcid (1 day)

Preparing for the test:

Do not eat, smoke/vape, chew gum or drink any fluids (including water) for at least **one (1) hour** before the test.

When you arrive at the lab:

The test will take approximately 25 minutes to complete. You will be required to remain at the lab for the duration of the test.

Breath sample procedure:

1. Inhale a deep breath and hold breath for 10 seconds.
2. Partially exhale into the room to release the air in your mouth and then fully exhale into the mouthpiece of the collection bag.
3. Twist cap closed on the collection bag.
4. Drink approximately 100mL of a urea solution.
5. Wait 15 minutes in the Patient Service Centre.

IMPORTANT: Do not smoke, eat, or drink during this waiting time.

6. Provide a second breath sample as in Step 1 to 3 above.