

# HELICOBACTER PYLORI BREATH TEST PATIENT INSTRUCTIONS

## What is the purpose of this test?

The <sup>13</sup>C-urea Breath Test checks to see if an organism called *Helicobacter pylori* is present in your stomach. *Helicobacter pylori* is an important factor in stomach and duodenal ulcers. The results of this test will help your doctor decide if you require further treatment or investigations.

## What does the test involve?

The <sup>13</sup>C-urea Breath Test is accurate and non-invasive. There are four steps to this test.

1. You will be asked gently to blow through a straw into two test tubes.
2. You will be given a small drink of citric acid in which a tablet of <sup>13</sup>C-urea is dissolved.
3. Wait for 30 minutes.
4. You will be asked to blow into another two test tubes.

These four test tubes containing your breath samples will be sent to a laboratory for analysis. Your doctor will receive the results within five working days.

## How to prepare for the test?

Prior to the test

- **No** antibiotics for at least 4 weeks.
- **No** proton pump inhibitors for at least 14 days.

Somac – Pantoprazole

Losec – Omeprazole

Zonton – Lansoprazole

- **No** H<sub>2</sub> antagonists for 24 hours.

Zantac – Ranitidine

Tagamet – Cimetidine

Famox or Pepcidine – Famotidine

If you are unsure whether any medications you have taken recently will affect this test, please check with your doctor.

This test requires you to be fasting.

- Morning appointment - not to have eaten since the night before. You may drink water but no breakfast, tea or coffee.
- Afternoon appointment - Eat a light breakfast (tea & toast)
- No lunch
- Nothing to eat for at least 3 hours. You may drink water.

## How much does the test cost?

There is a charge of \$130 to be paid.

## Where do I go for the test?

The test is available at the main laboratory.

Please phone to arrange an appointment.

***Your results can only be obtained from the requesting doctor***

If you have any problems, please contact one of the following:

**Waikato**  
07 858 0799

**Bay of Plenty**  
07 578 7073

**Whakatane**  
07 306 0906

**Rotorua**  
07 348 2106

**Taupo**  
07 376 5103  
07 376 1045

# HELICOBACTER PYLORI HE WHAKAMAHI WHAKAMAHI I NGA TOHUTOHU MATUA (Helicobacter Pylori Breath Test)

## He aha te kaupapa o tenei whakamatautau?

Ko te 13 C-urea Breath Test ka tirohia mena kei roto i to puku he rauropi e kiia nei ko Helicobacter pylori. Ko te Helicobacter pylori he mea nui ki te whewhe puku me te duodenal. Ko nga hua o tenei whakamatautau ka awahina i to taakuta ki te whakatau mena ka hiahia koe ki etahi atu maimoatanga me nga tiro-tirohanga.

## He aha te whakaurunga o te whakamatautau?

Ko te 13 C-urea Manawa Whakamatautau he tika, me te kore-kino. E wha nga taahiraa ki tenei whakamatautau.

1. Ka tonoa koe kia pupuhi marietia he kakau kakau ki roto i nga ipuipu whakamatautau e rua.
2. Ka hoatu ki a koe he inu iti o te waikawa citric ka memeha he papa 13 C-urea.
3. Tatari mo te 30 meneti.

Ko enei ipuipu whakamatautau e wha kei roto o tauira manawa ka tukuna ki te taiwhanga hei tātari. Ka riro i to taakuta nga hua i roto i nga ra mahi e rima.

## Me pehea te whakarite mo te whakamatautau?

I mua i te whakamatautau.

- Karekau he paturopi mo te 4 wiki neke atu.
- Karekau he aukati papu proton mo te iti rawa 14 ra.

Somac – Pantoprazole.

Losec – Omeprazole.

Zonton - Lansoprazole

- Karekau he kaitukino H2 mo te 24 haora.

Zantac – Ranitidine.

Tagamet – Cimetidine.

Famox ranei Pepcidine – Famotidine.

Mena kare koe i te tino mohio mena ka pa ki tenei whakamatautau etahi rongoa i tangohia e koe, tena koa patai ki to taakuta.

Ko tenei whakamatautau e hiahia ana koe ki te nohopuku.

- Mo te ata - kua e kai mai i te po o mua. Ka taea e koe te inu wai engari kua he parakuihi, tii, kawhe ranei.
- I te ahiahi - Kai parakuihi mama (tea me te toast).
- Karekau he tina.
- Karekau he kai mo te iti rawa 3 haora. Ka taea e koe te inu wai.

## E hia te utu o te whakamatautau?

He \$130 te utu hei utu.

## Me haere ahau ki hea mo te whakamatautau?

Kei te taiwhanga matua te whakamatautau.

Tena waea mai ki te whakarite hui.

***Your results can only be obtained from the requesting doctor***

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