

# 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 \$105 to be paid.

### Where do I go for the test?

The test is available at the main laboratory.

Please phone to arrange an appointment.

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

Pathlab Waikato  
Ph: 07 858 0799

Pathlab Bay of Plenty  
Ph: 07 577 4511

Pathlab Whakatane  
Ph: 07 306 0906