



## UREA BREATH TEST

This test reports the likelihood of the presence of *Helicobacter pylori* in the stomach. It measures carbon dioxide in your expired air, produced as a by-product of the enzyme urease, which *Helicobacter pylori* produces. You will be asked to swallow a capsule containing radio-labelled urea. Urea is a harmless, naturally occurring substance and the amount of radioactivity involved is approximately the same as half a day's normal exposure to environmental radioactivity, such as sunlight.

An appointment is required for this test. Please contact your local laboratory (see reverse side of request form) to arrange an appointment.

### Preparation

1. Fast for 6 hours or overnight. This means no food or fluids but you may clean your teeth.

- If possible, and with the agreement of your doctor, cease all antibiotics and bismuth-containing compounds 4 weeks prior to testing.
- If possible and with the agreement of your doctor, cease proton pump inhibitors 1 week prior to testing.
- If possible, and with the agreement of your doctor, cease H2 receptor antagonists 6 hours prior to testing.

<b>Proton pump inhibitors e.g.</b>	Omeprazole	Acimax
	magnesium	Losec
	Multiple components	Klacid
		HP7
	Omperazole	Meprazole
		Probitor
<b>H2 receptor antagonists e.g.</b>	Esomeprazole	Nexium
	magnesium trihydrate	
	Rabeprazole sodium	Pariet
	Pantoprazole sodium	Somac
	sesquihydrate	
	lansoprazole	Zoton
<b>H2 receptor antagonists e.g.</b>	Cimetidine	Tagamet
		Sigmetidine
		Magicul
	Ranitidine	Zantac
	Famotidine	Amfamox
		Pecid
	Pepcidine	
	Nizatidine	Tazac

2. Allow 30–45 minutes to complete the procedure on the day of specimen collection.

Please do not discontinue any medication without the knowledge and agreement of your doctor.