

Patient Information—Urea Breath Test

This test is used to detect *Helicobacter pylori* infection, which can be a cause of indigestion. The procedure involves swallowing a capsule that contains a small amount of radioactive ¹⁴C Urea and then blowing into a balloon to collect expired breath. It is a painless procedure that does not involve endoscopy. You will be required to remain sitting or standing throughout the procedure which will take approximately 30 minutes.

Please note: the amount of radiation is very small (the same amount you get from a flight from Brisbane to Sydney).

- It is necessary to fast overnight – no food or fluids (including water) – or for at least 6 hours prior to the test. You may brush your teeth and rinse your mouth, but do not swallow water.
- It should have been at least 2 days since you have previously had a ¹⁴C Urea Breath test.

Prior to the test

- You must inform staff if you are pregnant or breastfeeding.
- You should not have taken any antibiotics for *Helicobacter* eradication in the 4 weeks prior to the test. These include Losec HP7 I, Nexium HP7 and Klacid HP7 (which contain Clarithromycin and Amoxycillin), Metronidazole, Tinidazole, Tetracycline, Tripotassium dicitrato-bismuthate and Ranitidine bismuth citrate.
- You should not have taken any antibiotics, bismuth (Denol) or bismuth-containing products for at least 4 weeks prior to the test.
- You should not have taken sucralfate (Carafate; Ulcyte) for at least 2 weeks prior to the test.
- You should not have taken any Proton-Pump Inhibitors for at least 1 week prior to the test. These include Lansoprazole (Zoton), Ezomeprazole (Nexium), Rabeprazole (Pariet), Omeprazole (Losec; Acimax; Omepral; Meprazol; Probitor) or Pantoprazole (Somac).
- Do not take any of the following medicines for at least 12 hours prior to the test: Famotidine (Ausfam; Famohexal; Pamacid; Pepcidine; Pepzan), Ranitidine (Gavilast; Rani 2; Ranoxyl; Zantac), Cimetidine (Magicul; Tagamet) or Nizatidine (Nizac; Tazac).
- All of the medicines listed above can lead to a false negative result. You must obtain your doctor's permission before ceasing any medicines.

Prior to test, please provide information on all medicines you have taken in the past six months, including when last taken.

Medications listed above	When last taken	Time last taken

Other Medications	Date last taken	Time last taken

For further information, please telephone Mater Pathology on 07 3163 8500 or your local centre during business hours. Mater Pathology Collection Centre information and opening hours are available at pathology.mater.org.au

Collection centre: _____

Telephone number: _____