

PATIENT INSTRUCTIONS - 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 collection centre (see reverse side of request form) to arrange an appointment.

Preparation

1. Fast for six 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.**

Proton Pump Inhibitors e.g.	Omeprazole Magnesium	Acimax Losec
	Multiple Components	Klacid HP7
	Omperazole	Meprazole Probitor
	Esomeprazole Magnesium Trihydrate	Nexium
	Rabeprazole Sodium	Pariet
	Pantoprazole Sodium Sesquihydrate	Somac
	lansoprazole	Zoton

If possible and with the agreement of your doctor, cease H2 Receptor Antagonists 6 hours prior to testing.

H2 Receptor Antagonists e.g.	Cimetidine	Tagamet Sigmetidine Magicul
	Ranitidine	Zantac
	Famotidine	Amfamox Pecid Pepcidine
	Nizatidine	Tazac

2. Allow 30 - 45 minutes to complete the procedure on test day.

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