



Urea breath test (UBT)

This test examines your breath for the presence of *Helicobacter pylori* in the stomach, which can cause gastritis (inflammation of the mucous membranes of the stomach) or ulcers in the stomach and small intestine. The test is a painless and non-invasive procedure that takes about 20 minutes. The test 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 (^{14}C). 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.

Please note: DHM no longer performs this test on children 10yrs of age or under. It is recommended that a faecal antigen test is performed instead of the UBT. Please consult your doctor prior to presenting for testing.



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Preparation

1. Many medications, particularly some acid-suppressing drugs and antibiotics, can interfere with the test. If possible, and with the agreement of your doctor, the following medications should be ceased prior to your test.
 - Stop taking all antibiotics and bismuth-containing compounds 4 weeks prior to testing.
 - Stop taking cytoprotectives (Sucralfate, Ulcyte, Carafate) at least 2 weeks prior to testing.
 - Stop taking 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
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	lansoprazole	Zoton

- Stop taking H2 receptor antagonists 6 hours prior to testing.

H2 receptor antagonists e.g.	Cimetidine	Tagamet, Sigmetidine, Magicul
	Ranitidine	Zantac, Rani 2
	Famotidine	Ausfam, Amfamox, Famohexal, Pacid, Pepcidine
	Nizatidine	Tazac, Tacidine, Nizac

You may continue to take antacids (Dexal, Eno, Gatsrogel, Gaviscon, Mucaine, Mylanta, Rennie, Salvital) up to the fasting period.

2. Fast for 6 hours or overnight. This means no food or fluids but you may clean your teeth. You must not smoke for at least 2 hours prior to the test.
3. Allow 30–45 minutes to complete the procedure on the day of specimen collection.
4. Do not have a second UBT within 2 days of your first test.

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