



# 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 ( $^{14}\text{C}$ ). 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.

Please note: the capsule coating is made from gelatin which is halal-certified.

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.**



# Urea breath test (UBT)

## 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 proton pump inhibitors 1–2 weeks prior to testing.
  - Stop taking H2 receptor antagonists, antacids and cytoprotectives 6 hours prior to testing.
2. Fast for 6 hours or overnight. No food or fluids allowed but you may clean your teeth. No smoking for at least 2 hours prior to testing.
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 consulting your doctor.**

## Stop taking the following medications 1–2 weeks prior to testing:

<b>Proton pump inhibitors</b>	Omeprazole magnesium	Acimax, Losec
	Multiple components	Klacid, HP7
	Omperazole	Meprazole, Probitor
	Esomeprazole magnesium trihydrate	Nexium
	Rabeprazole sodium	Pariet
	Pantoprazole sodium sesquihydrate	Somac
<hr/>		
	lansoprazole	Zoton

## Stop taking the following medications 6 hours prior to testing:

<b>H2 receptor antagonists</b>	Cimetidine (Tagamet, Sigmetidine, Magicul)
	Ranitidine (Zantac, Rani 2)
	Famotidine (Ausfam, Amfamox, Famohexal, Pécid, Pepcidine)
<hr/>	
	Nizatidine (Tazac, Tacidine, Nizac)
<hr/>	
<b>Antacids</b>	Dexal, Eno, Gastrogel, Gaviscon, Mucaïne, Mylanta, Rennie, Salvital
<hr/>	
<b>Cytoprotectives</b>	Sucralfate, UlcYTE, Carafate