

Patient Preparation (cont.)

4. On the day of test have nothing to eat or drink (including water) for 6 hours prior to the test. Cease the following medications during the fasting time and until the test is finished.

- Antacids
- H-2 receptor antagonists including
 - Ausfam
 - Ausran
 - Cimetidine
 - Famohexal
 - Famotidine
 - Magicul
 - Nizac
 - Nizatidine
 - Pamacid
 - Pepcidine
 - Pepzan
 - Rani 2
 - Ranihexal
 - Ranitidine
 - Ranoxyl
 - Tacidine
 - Tagamet
 - Ulcaid
 - Tazac
 - Zantac

Treatment

If *Helicobacter pylori* is detected an antibiotic regime to eradicate the bacteria may be considered.

Your doctor will discuss the most appropriate treatment options with you.

Urea Breath Test

Helicobacter Pylori



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Helicobacter Pylori

What is Helicobacter pylori?

This is a type of bacteria that has been linked to peptic ulcer disease. It can be treated with antibiotics.

What is the Helicobacter pylori urea breath test?

Helicobacter pylori lives in the stomach and can break down a substance called urea.

This is a natural substance found in normal humans.

You will be asked to swallow a capsule that contains urea that is attached to a C14 radioactive label. If there are Helicobacter pylori bacteria present, the urea is broken down and the radioactive part is breathed out. After a 15-minute wait, your breath is collected in a balloon. This is the part that we test in the laboratory.

How much radioactivity is in the capsule?

The amount of radiation is about the same as the amount that the human body receives in 11 hours of normal daily activity.

What happens to the urea and the radioactive label that is not breathed out?

These will be passed out in the urine over the next 24 hours. No special precautions need to be taken.

What if I am pregnant?

The test is not recommended for use in pregnancy. It is also unsuitable for use by small children.

Why do I have to stop my medicines?

Some medications, mainly antibiotics and ulcer treatments can interfere with the test by stopping the bacteria from growing. Taking a break from these medications will let the bacteria grow normally and will give us the best chance of finding them. You will need to have an empty stomach when you do the test.

Why do I need to make an appointment for the breath test?

This is so we can check your medications with you and arrange a suitable time for the test. We can also ensure that the capsules are available when you attend for the test. It will take about 20 minutes for the whole procedure.

Patient Preparation

1. Cease the following medications 30 days before the test. If you have any concerns about stopping your medications, please discuss these with your referring doctor.

- Any antibiotics, including:
 - amoxicillin
 - Amoxyl
 - Augmentin
 - clarithromycin
 - doxycycline
 - erythromycin
 - Flagyl
 - Klacid
 - Klacid HP7
 - Losec HP7
 - metronidazole
 - Pylorid-KA
 - tetracycline
- Bismuth containing compounds
 - De-Nol
 - PeptoBismol

2. Cease the following medications ONE week before the test:

- Proton pump inhibitors including
 - Acimax
 - Esomezaprole
 - Lansoprazole
 - Losec
 - Maprazol
 - Nexium
 - Omepral
 - Omeprazole
 - Pantoprazole
 - Pariet
 - Probitor
 - Rabeprazole
 - Somac
 - Zoton

3. Cease the following medications 36 hours before the test:

- Cytoprotectives including
 - Carafate
 - Sucralfate
 - Ulcyte

