

Helicobacter Pylori - Urea Breath Test C14

Purpose of this test

This test is used for detecting the presence of bacteria called Helicobacter which can cause stomach inflammation. It may also be used to check that the bacteria has been eradicated after treatment. This test is safe to use on pregnant women and children.

Day before test

You are to fast for a minimum 4-6 hours prior to the test. However, any prescription medication other than those listed below can be taken with a sip of water. The following medications should NOT be taken prior to the test.

Exclusion Period	Type of Medication	Generic Name	Trade Names
Four Weeks	Antibiotics	All Antibiotics except Vancomycin and Sulphonamides	Bactrim, Septrin, etc.
Four Weeks	Ingredient in antacids, antidiarrheal & GI medication	Bismuth	Denol, Helldac
14 Days	Cytoprotectives	Sucralfate	Carafate, Ulcyte, SCF
7 Days	Proton Pump Inhibitors	Lanzopazole, Rabepazole, Esomeprazole, Pantoprazole	Zoton, Pariet, Losec, Losec IV, Maxor, Nexium, Somac
During fasting and during Test	Antacids	ALU-tab, Andrews TUMS, Antassa, De Wits antacid powder, Daxal, ENO, Gastrogel, Gaviscon, Gelusil, Medefoam2, Meracote, Mucaine, Mylanta, Rennie, Salvital, Sigma liquid antacid, Titralec	
During fasting and during Test	H2 Antagonists	Cimetidine, Ranitidine, Famotidine, Nizatidine	Cinetimax, Cimehexal, SBPA-Ranitidine, Magical, Sigmotadine, Tagamet, WL-Cimetidine, Ranitidine BC Genrx Ranitidine, Rani 2, Hexal Ranitic, SBPA-Ranitidine, Ranihexal, Zantac, Ausran, Ranoxyl Amfamox, Pepcid, Pepcidine Tazac

Note: Confirmatory tests post antibiotic treatment for Helicobacter Pylori cannot be done until a minimum of 6-8 weeks following completion of the course.

Collection procedure

1. You will be required to swallow a capsule with approximately 30ml of water.
2. Three minutes later you will be required to swallow a further 30ml of water.
3. You will then wait for 7 minutes, and then be instructed to take a deep breath, hold for approximately 10 seconds, and blow into a balloon until it is firm.