



## Medihealth Pathology

### PATIENT INSTRUCTION - 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. 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.

### PREPARATION / PROCEDURE

1. Fast for 6-14 hours.
2. No food or fluids can be taken prior to test. It is recommended you do **NOT** clean your teeth before test and no water must be swallowed.
3. If possible and with the agreement of your doctor, there are certain medications that need to be withheld from taking for a period of time.



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### PREPARATION /PROCEDURE

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

**Below is the list of medications that need to cease from taking for a period of time:**

#### **4 Weeks**

- All antibiotics: Abbocillin, Amoxil, Augmentin, Cilicaine V, Doxycyline, Erythiocin, Erythromycin, Flagyl, Klacid, Minomycin, Moxacin, Rulide, Tetrax, Vibramycin
- Bismuth-containing compounds e.g. Denol, Helidac

#### **2 Weeks**

- Carafate
- Sucralfate
- Ulcyte

#### **1 Week**

- Losec
- Maxor
- Nexium
- Pariet
- Somac
- Zoton

#### **Safe to Take**

- H2 receptor antagonists: Amfamox, Cimetidine, Pepcid, Pepcidine, Rani 2, Ranitidine, Tagamet, Tazac, Zantac
- Antacids:Quick Eze,Gaviscon,Mylanta may be continued up untilthe day oftasting
- Probiotic preparations