

	Laboratory Stanton Territorial Hospital P.O. Box 10, 550 Byrne Road YELLOWKNIFE NT X1A 2N1	Document Number: SCM28107	
		Version No: 1.0EN	Page: 1 of 2
Document Name: Patient Preparation Instructions for Urea Breath Test for H. pylori		Distribution: Specimen Collection Manual	
		Effective: 13 January, 2011 Date Reviewed: 30 August, 2022 Next Review: 30 August, 2024	
Approved By: JGD Bernier, A/Manager, Laboratory Services		Status: Approved	

For Accurate Test Results, Carefully Follow The Instructions.
Testing CANNOT be performed if these instructions are not followed.

At Your Physician's Appointment
<ul style="list-style-type: none"> • Your physician will provide you with a lab requisition and these pre-testing instructions. See the back of this form. • Discuss your medications and get your physician's approval before stopping any medication. • The drink contains the following ingredients. If you cannot consume these ingredients, please discuss this with your doctor. <ul style="list-style-type: none"> ○ C-Urea ○ Orange Flavour ○ Sodium Citrate ○ Citric Acid ○ Mannitol
During Your Testing
<ul style="list-style-type: none"> • Be prepared to stay at the laboratory for the duration of the test (approximately 1 hour). • The test consists of: <ol style="list-style-type: none"> 1. Exhaling (blowing) through a straw into a collection tube. 2. Drinking a solution that contains 13C-urea solution. 3. Exhaling (blowing) through a straw into a collection tube 30 minutes later.

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Pre Testing Instructions	
4 Weeks Before Test	DO NOT take any antibiotics.
2 Weeks Before Test	DO NOT take bismuth preparations (Pepto Bismol) or Gaviscon. DO NOT take proton pump inhibitors: <ul style="list-style-type: none"> • LOSEC® (Omeprazole magnesium) • Prevacid (Lansoprazole) • Pantoloc (Pantoprazole sodium) • Nexium (Esomeprazole) • Pariet® (Rabeprazole sodium)
24 Hours Before Test	DO NOT take: <ul style="list-style-type: none"> • Antacids (Tums, Roloids) • Zantac (Ranitidine HCl) • Tagamet (Cimetidine) • Pepcid AC (Famotidine) • Axid (Nizatidine) • Pylorid (Ranitidine Bismuth Citrate)
12 Hours Before Test	DO NOT book X-rays that use a barium drink on the same day before your urea breath test.
4 Hours Before Test	<ul style="list-style-type: none"> • DO NOT eat or drink anything including water. • DO NOT chew gum or ingest any type of candy. • DO NOT smoke. • You can brush your teeth, but DO NOT swallow any water or toothpaste.