

Urea Breath Test for H. pylori

Last Approved: 2/11/2016 2:32 P.M.

Revision: 3.10

An appointment is **required** for this test.

Please make an appointment by calling the Customer Care Centre: (780) 702-4486 or 1-877-702-4486

Please do **not** make urea breath test appointments on-line.

Early morning appointments are the most popular with our customers and are often booked well in advance.

- Please consider making a mid-morning or mid-afternoon appointment.
- You can make appointments up to 3 months in advance.

Your appointment is scheduled at: (Address) _____

 (Time/Date) _____

If you cannot keep your appointment, please cancel it by calling the Customer Care Centre.

Please follow the instructions below for accurate test results. Testing will not be performed if instructions are not followed.

At your physician's appointment	<ul style="list-style-type: none"> • Your physician will provide you with a laboratory requisition and pre-testing instructions. • Discuss your medications and get your physician's approval before stopping any medication.
4 weeks before the test appointment	do not take any antibiotics.
2 weeks before the test appointment	do not take bismuth preparations (Pepto Bismol) or Gaviscon.
72 hours before the test appointment	do not take proton pump inhibitors: <ul style="list-style-type: none"> - LOSEC® (Omeprazole magnesium) - Nexium (Esomeprazole) - Pantoloc (Pantoprazole sodium) - Pariet® (Rabeprazole sodium) - Prevacid (Lansoprazole) - Tecta (Pantoprazole magnesium)
24 hours before the test appointment and during the test	do not take: <ul style="list-style-type: none"> • Antacids (Tums, Rolaids) • Histamine H2 receptor antagonists: <ul style="list-style-type: none"> - Axid (Nizatidine) - Pepcid AC (Famotidine) - Pylorid (Ranitidine bismuth citrate) - Tagamet (Cimetidine) - Zantac (Ranitidine HCl)
12 hours before the test appointment and during the test	do not book X-rays that use a barium drink on the same day before your urea breath test.
4 hours before the test appointment and during the test	do not eat or drink anything including water. You can brush your teeth, but do not swallow any water or toothpaste. It is recommended smoking be avoided during this period.
During your appointment	<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 <ul style="list-style-type: none"> ○ Exhaling (blowing) through a straw into a collection tube. ○ Drinking a solution that contains ¹³C-urea solution.* ○ Exhaling (blowing) through a straw into a collection tube 30 minutes later.

* The [ingredient list](#) for the ¹³C-urea drink is available.