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## **Helicobacter Pylori Urea Breath Test Instructions**

A Urea Breath Test is a reliable and effective test that helps determine whether you currently have a bacteria called Helicobacter Pylori in your stomach. It can be used to not only diagnose ongoing infection, but also see how effective one's antibiotic treatment was at eradicating the bacteria. The test is simple: you will first exhale into a tube, drink a solution, wait a while, then finally exhale into another tube. As there is some waiting during this test, you may bring some form of entertainment with you to engage in during that phase of the test.

**If you take these medications, you must stop them a week to a few weeks before the test, depending on the medication. If you feel uncertain about stopping, please discuss this matter with your doctor first:**

1. Antibiotics (Amoxicillin, Clarithromycin, Metronidazole, Tetracycline) - **4 Weeks**
2. Bismuth Preparations (Pepto-Bismol) - **2 Weeks**
3. Proton Pump Inhibitors (Losec, Nexium, Pantoloc, Pantoprazole, Pariet, Prevacid, Tecta) - **1 Week**
4. Antacids (Diovol, Gaviscon, Maalox, Tums) - **3 Days**
5. H2 Receptor Antagonists (Pepcid, Tagamet, Zantac) - **3 Days**

**On the day of the test, you will also need to fast a few hours before the test:**

- 4 hours before the test: Do not **eat or smoke**. You may drink water, coffee, or tea, as long as it is **plain** and nothing has been added (sugar, dairy, sweeteners).
- 1 hour before the test: Do not **eat, smoke, or drink** anything.

**During the test:**

1. After you have checked in, the nurse will call you to begin your test. You will be given a collection tube with a straw inserted into it.
2. Begin by providing the first breath sample - Take a deep breath and exhale through the straw for 4 to 8 seconds. Near the end of your exhale, begin to remove the straw from the tube. Keep exhaling until the straw has been completely removed.
3. You will be given a solution to drink.
4. Wait 30 minutes at our clinic.
5. Provide the second breath sample. Follow the same instructions as the first breath sample.