

## HELICOBACTER PYLORI - Urea Breath Test C14

### Purpose of this test

This test is used for detecting the presence of bacteria called *Helicobacter pylori* which can cause stomach inflammation. It may also be used to check that the bacteria have been eradicated after treatment. The test results in exposure to a very small amount of radiation, similar to what we receive from the general environment in a day. If you are pregnant, could be pregnant, are breastfeeding, or if the test is for a child under 12 years old, an alternative test (*H. pylori* stool antigen) is recommended. Please discuss this with your doctor.

### Preparation for the test

You are to fast for a minimum of 6 hours prior to the test (no food or drink, including water). No smoking for a minimum of 2 hours before the test. The below medications should NOT be taken prior to the test. Consult your doctor before stopping any medications.

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	Lanzoprole, Rabeprazole, 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, Titralac	
During fasting and during Test	H2 Antagonists	Cimetidine, Ranitidine, Famotidine, Nizatidine	Cinetimax, Cimehexal, SBPA- Ranitidine, Magicul, Sigmatidine, Tagamet, WL-Cimetidine, Ranitidine BC Genrx Ranitidine, Rani 2, Hexal Ranitic, SBPA- Ranitidine, Ranihexal, Zantac, Ausran, Ranoxyl Amfamox, Pepcid, Pepcidine Tazac

**NOTE:** Testing for cure or eradication of *H. pylori* should only be performed at least 4 weeks after completion of antibiotic therapy, not sooner.

### Collection procedure

1. You will be required to swallow a capsule with approximately 30ml of water. PYtest® Capsule AST R 67146 containing 37 kBq 14C-Urea.
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.