Urea Breath Test for H. pylori
Patient Instructions

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	• Your physician will provide you with a lab 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: - LOSEC® (Omeprazole magnesium) - Prevacid (Lansoprazole) - Pantoloc (Pantoprazole sodium) - Nexium (Esomeprazole) - Pariet® (Rabeprazole sodium)
24 hours before the test appointment and during the test	do **not** take: • Antacids (Tums, Rolaids) • Histamine H2 receptor antagonists: - Zantac (Ranitidine HCl) - Tagamet (Cimetidine) - Pepcid AC (Famotidine) - Axid (Nizatidine) - Pylorid (Ranitidine Bismuth Citrate)
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.
During your appointment	• Be prepared to stay at the laboratory for the duration of the test (approximately 1 hour). • The test consists of 1. Exhaling (blowing) through a straw into a collection tube. 2. Drinking a solution that contains ^{13}C-urea solution.* 3. Exhaling (blowing) through a straw into a collection tube 30 minutes later.

* The ingredient list for the ^{13}C-urea drink is available.