



Patient Instructions for Helicobacter C13 Breath Test

1. Have nothing to eat or drink for a minimum of **3 hours before** the test. Any essential prescribed medications can be taken with a sip of water during this time if necessary.
2. For an afternoon appointment, a light breakfast (eg tea and toast) may be taken.
3. No antibiotics of any type are to be taken for at least **4 weeks prior** to test. This includes combined therapies such as Helidac and Helicopak, as well as antibiotics alone (such as Amoxil, Flagyl).
4. No bismuth containing compounds, (such as De-Nol, Helidac) for **4 weeks prior** to test.
5. No proton pump inhibitors (Losec, Somac, Zoton) for **1 week prior** to test.
6. No H₂-Receptor antagonists (eg Cimetidine, Pepcidine, Zantac, Tagamet, Tazac) for **24 hours prior** to test.
7. No Pariet and Nexium for 1 week prior to test.
8. If unsure about your medications, consult Southern.IML Pathology Collecting staff or your doctor after reading these instructions, and prior to test being performed.
9. You will be required to stay at the collection centre for at least 30 minutes once the test has commenced.