

## Patient instructions for Urea Breath Tests

This test reports the likelihood of the presence of helicobacter pylori in the stomach. The test measures the carbon dioxide in the expired air, produced as a by product of the enzyme urease which helicobacter pylori secretes.

No appointment is required for this test.

### Preparation

1. Fast for six hours (or overnight.). Nothing to eat, drink or smoke for 6 hours before the test. (Nil by mouth).
2. If possible and with the agreement of your doctor cease the following medications for **four (4) weeks prior to testing**:
  - Antibiotics eg; Achromycin, Amoxil, Alphamox, Cilamox, Moxacin, Tetrex, Flagyl, Klacid, Mysteclin
  - Eradication therapy eg; Klacid Hp7, Nexium Hp7
3. If possible and with the agreement of your doctor cease the following medications for at least **one (1) week prior to testing**.
  - Proton pump inhibitors eg; Losec, Zoton, Somac, Pariet, Nexium.
4. If possible and with the agreement of your doctor cease the following medications for **24 hours prior to the testing**:
  - H-2 Receptor Antagonists eg; Tagamet, Sigmetadine, Magicul, Tazac, Amfamox, Zantac, Rani, Pepcid, Pepcidine.
5. Allow up to 30 minutes to complete the procedure on the day.

**If you have any concerns about ceasing your medication, please discuss these with your doctor.**