



# Helicobacter pylori Urea Breath Test

## WHAT IS THE HELICOBACTER PYLORI (H pylori) UREA BREATH TEST?

This test is used to detect a bacterium called H pylori within the lining of the stomach, which is a cause of chronic gastritis and is strongly associated with peptic ulcer disease and some gastric cancers. Eradication of H pylori significantly reduces duodenal and gastric ulcer relapse.

## WHO SHOULD BE CONSIDERED FOR THIS TEST?

People who have suspected duodenal or peptic ulcer disease both before and following treatment and people who have non-ulcer dyspepsia with severe symptoms.

## DO I NEED TO DO ANYTHING SPECIAL PRIOR TO THE TEST?

Four weeks before the test you will need to stop taking the following medications:

- All antibiotic therapy
- Bismuth (eg. Denol)
- Proton pump inhibitors (eg. Losec®, Zoton® and Somac®), unless specifically requested to continue by your doctor.

Medications such as Tagamet or Zantac may minimally affect the results, but can be continued until 24 hours before the test if required.

Your doctor will need to note all your medication details on the request form.

### On the day of the test:

- You must fast for at least six hours before the test (no food or drink)
- You will be required to stop taking any medication
- You must refrain from smoking for two hours before and during the test.

## WHAT DOES THE TEST INVOLVE?

- You will be asked to exhale (breath out) through a straw into two tubes and then asked to drink a small amount of water in which a C13 urea tablet has been dissolved.
- After 20 minutes, you will be asked to repeat the exhaling procedure into two other tubes.

The overall procedure takes 20-30 minutes. You may eat, drink and take regular medication after completing the test.

## WHEN WILL THE RESULTS BE AVAILABLE?

Your doctor will receive a copy of the results from Healthscope two days after the test is performed.

## HOW DO I MAKE AN APPOINTMENT?

An appointment is necessary and can be made by contacting the Healthscope Collection Centre near you.

Please inform the Collection Centre staff of the medications you are taking.

To find the location of your nearest Healthscope Collection Centre, please call 1300 453 688.

Visit [healthscopepathology.com.au](http://healthscopepathology.com.au) for an easy search by postcode to find your nearest collection centre.

If you have any questions or require further information, please contact our Customer Service Centre.

**1300 453 688**

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*Healthscope has purpose built, state-of-the-art service and molecular research laboratories which ensure the highest standard of testing.*

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