

Urea Breath Test

A Urea Breath Test has been requested by your doctor to assess the likelihood of the presence of *Helicobacter Pylori* in the stomach. This test involves the collection and analysis of exhaled air after swallowing of a capsule containing urea labelled with radioactive carbon-14. Urea is a harmless, naturally occurring substance and the radiation involved is similar to half a day's normal exposure to environmental radiation.

Preparation:

- Fast (no food or liquids) for a minimum of six hours before the test.
- No smoking or eating during the test.
- The test can be performed at any time of the day, and will take approximately 10-15 minutes.
- At the conclusion of the test you will be asked to blow into a breath collection balloon which is sent to the laboratory for analysis.

Medication restrictions include:

- No antibiotics for four weeks prior to test
- No proton-pump inhibitors (eg Losec, Zoton, Somac) for one week prior to test
- No cytoprotectives (sucralfate) for two weeks prior to test
- For a full list of medication restrictions, please see our collection staff
- Your doctor must be notified prior to temporarily stopping any medications. Please do not discontinue any medication without the agreement of your doctor.

Children and pregnant/lactating women:

The small dose of radiation involved in this test is not thought to be harmful and is less than the dose in most X-rays. If you would prefer to avoid this radiation altogether, please ask your doctor about other tests that might be available.

Find a collection centre

For a full listing of our collection centres and operating hours, or to find another centre close by, please scan the QR code with your smart phone.

