

C14 Helicobacter Breath Test

***Helicobacter pylori* is a common organism which lives only in the stomach. Approximately one third of Australians are infected. The C14-PYtest is an accurate non-invasive test for H. pylori infection. The test measures the amount of the enzyme, urease, produced by H. pylori in the stomach by detecting the presence of labelled carbon dioxide in exhaled air.**

Important Notes

For pregnant/breastfeeding women and children under 10 years of age

- The PYtest is safe to perform in pregnancy and in breast-feeding women as well as in children of all ages. Children must be able to swallow a capsule and blow into a bag through a straw to perform the test.
- It is recommended that you discuss testing with your doctor prior to taking the test.

Pre-Test Preparation

1. With consent from your doctor, stop the following medications for a minimum of **4 weeks** prior to the test:
 - All antibiotics e.g. Abbotin, Amoxil, Augmentin, Cilicaine V, Doxycycline, Erythiocol, Erythromycin, Flagyl, Klacid, Minomycin, Moxacin, Rulide, Tetrax, Vibramycin
 - Bismuth-containing compounds e.g. Denol, Helidac
2. With consent from your doctor, stop the following medications for a minimum of **2 weeks** prior to the test:
 - Carafate, Sucralfate, Ulcyte
3. With consent from your doctor, stop the following medications for a minimum of **1 week** prior to the test:
 - Proton pump inhibitors e.g. Losec, Maxor, Nexium, Pariet, Somac, Zoton
4. The following medications are safe to continue to use prior to and during testing:
 - H2 receptor antagonists e.g. Amfamox, Cimetidine, Pepcid, Pepcidine, Rani 2, Ranitidine, Tagamet, Tazac, Zantac
 - Antacids e.g. Quick Eze, Gaviscon, Mylanta may be continued up until the day of testing
 - Probiotic preparations
5. Fast for a **minimum of 4 hours** or overnight prior to taking the test. This includes all foods and drinks, e.g. tea, coffee and water. No smoking **at least 8 hours** prior to testing.
6. On the morning of the test: no water or any form of drink, no food, no gum and no smoking. Teeth may be brushed but you must not swallow. Stop all antacids during the fasting period.

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