

# PATIENT INSTRUCTIONS

## Helicobacter pylori (14C-Urea) Breath test

- The 14C-Urea (Helicobacter pylori) breath test is a non-invasive, highly reliable detection method for the presence of Helicobacter pylori in the stomach.
- The 14C-Urea Breath test involves swallowing a capsule (containing a small amount of labelled urea) on an empty stomach. If Helicobacter pylori bacteria are present in the stomach, then those bacteria will convert the urea in the capsule into carbon dioxide (CO<sup>2</sup>), which is absorbed, is then breathed out as normal. Ten minutes after swallowing the capsule, the patient breathes into a balloon. The breathed air is then tested in the laboratory for the labelled CO<sup>2</sup>. If no bacteria are present, then no labelled CO<sup>2</sup> will be detected.
- The labelled urea does contain a small amount of radioactivity (as 14C), equivalent to 35% of a single day's exposure to natural background in a typical urban city and is less than 1/3000<sup>th</sup> of the dose received from the lowest nuclear medicine procedure.
- The test confirms eradication of the organism, e.g. after a course of antibiotics.
- The procedure is considered safe for children and pregnant women; however, your doctor may wish to contact the Immunology Specialist for advice for alternative tests.
- If the patient is under 15 years of age, pregnant or lactating, please consult the laboratory prior to commencing the test as other tests are available which may be preferable.
- Fast for a minimum of four (4) recommended six (6) hours prior to the test. Use the enclosed paper cup to swallow the capsule. A second cup (provided) may be taken after 3 minutes.
- Bring a list with you of medication you have taken recently, e.g. prescription medication, panadol, cold and flu tablets.
- Allow 15 minutes for the collection

### Important information - to prepare:

Many medications may interfere with the 14C-Breath Test, and should be either ceased prior to the test, or the test delayed until after these medications are finished. See table below for further details (please note that many of these listed are not brand names, please check the product information of medications and seek medical advice):

Four weeks after last dose of:	Two weeks after the last dose of:	One week after the last dose of:	Six hours (during the fasting period and before filling the balloon).
Denol (Bismuth) Antibiotics such as penicillin, cephalosporin, tetracycline, metronidazole, tinidazole	Sucralfate	Proton Pump Inhibitors (PPIs) such as omeprazole, esomeprazole, lansoprazole, pantoprazole, rabeprazole, (e.g. Losec, Zoton, Somac)	Antacids (e.g. Mylanta, Eno, Gaviscon) H <sub>2</sub> -antagonists e.g. Ranitidine (Zantac, Rani 2, DBL), famotidine (e.g. Pepcidine, Pepcid, Mamsamox, Amfamox), nizatidine (e.g. Tazac), cimetidine

Collection Centre locations are listed on the back of the request form.

### For further enquiries, please contact:

**Northern NSW:** Lismore: 02 6620 2900 Grafton: 02 6640 2234 Tweed: 07 5506 7425

**Hunter New England:** New England: 1300 654 303 Hunter: 02 4921 4000 Taree: 02 6592 9343

**Mid North Coast:** Coffs Harbour: 02 6656 7500, Kempsey: 02 6562 0281

**Central Coast:** 02 4320 3375

**Northern Sydney:** 02 9926 4111