

13C Urea Breath Test for Helicobacter pylori

Please read the following information carefully.

- A 13C Urea breath test has been requested by your doctor to look for the bacteria Helicobacter pylori.

This test may be performed:

- If your doctor thinks you have a bacterial infection in your stomach.
- After you have received treatment for an infection, to see if the antibiotics have worked successfully.

Prior to the test

- If you have had any antibiotics in the 6 weeks prior to your test date please contact the GI Physiology Unit as soon as possible.
- Do not have anything to eat or drink 6 hours before the test (but you may have small sips of water).

Stop any acid suppressing medication 7 days prior to the test. This includes:

- Ranitidine (Zantac)
- Cimetidine (Tagamet)
- Omeprazole
- Pantoprazole
- Rabeprazole
- Esomeprazole
- Lansoprazole

Stop antacids such as Gaviscon and Rennies 24 hours prior to the test.

What does the test involve?

- You will be in the department for approximately 40 minutes.
- You will be asked to give small breath samples by blowing through a tube into a collection bag.
- You will be given a drink of orange juice containing 13C-urea dissolved in water.
- The test is not invasive or painful and does not involve radiation and you may resume as normal following the test.

- Your results will be sent back to your GP (and referring doctor if you were referred by a specialist) within a few days of having the test.
- There should be no side effects from having this test.

If after reading this leaflet you have any queries about the test please contact:

Rachel Smith (Clinical GI Physiologist) in the GI Physiology unit on 0151 529 0411



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@liverpoolft.nhs.uk