

HELICOBACTER PYLORI - Urea Breath Test C14

Purpose of this test

This test is used for detecting the presence of bacteria called *Helicobacter pylori*, which can cause stomach inflammation. It may also be used to check that the bacteria have been eradicated after treatment. The capsule used in this test results in exposure to a very small amount of radiation, similar to what we receive from the general environment in a day. If you are pregnant, could be pregnant, are breastfeeding, or if the test is for a child under 12 years old, an alternative test (*H. pylori* stool antigen) is recommended. Please discuss this with your doctor. Patients may drink one glass of water every hour after the test to hasten the excretion of the radioisotope.

Preparation for the test

You are to fast for a minimum of 6 hours prior to the test (no food or drink, including water). No smoking for a minimum of 2 hours before the test. **The medications listed on the reverse should NOT be taken prior to the test.** Consult your doctor before stopping any medications.

Collection procedure

1. You will be required to swallow a capsule (do not chew) with approximately 30mL of water. Do not handle the capsule directly.
(PYtest® Capsule AST R 67146 containing 37 kBq 14C-urea)
2. Three minutes later, you will be required to swallow a further 30mL of water.
3. You will then wait for 7 minutes and be instructed to take a deep breath, hold for approximately 10 seconds, and blow into a balloon until it is firm.

Answers to commonly asked questions

- ✓ It is OK to have brushed your teeth before testing.
- ✓ It is OK to have used an asthma puffer.
- ✓ It is OK to have had a sip (5-10 mL) of water in the last 6 hours, but no more than that.
- ✓ Taking vitamins or herbal supplements in the last 4 weeks will NOT interfere with the test.

Please note: While it is preferable that you have FULLY complied with the testing requirements, testing can be conducted if, for example, certain medications cannot be stopped as advised by your doctor. In these cases, ensure this is clearly documented in the questionnaire you will complete before your test.

Exclusion Period	Type of Medication	Generic Name	Trade Names
30 Days Prior to Test	Antibiotics	Amoxycillin (Penicillins)	Abbocillin, Alphamox, Amoxil, Augmentin, Bgramin, Cilamox, Clamoxyl, Clavulin, Clavycillin, Curam, Fisamox, Maxamox, Moxiclav, Ranmoxy, Yomax
		Ampicillin (Penicillins)	Ampicyn, Austrapen, Ibimicyn
		Azithromycin (Macrolides)	Azith, Zedd, Zithromax, Zitrocin
		Cefaclor (Cephalosporins)	Ceclor, Karlor, Keflor, Ozcef
		Cephalexin	Cephatrust, Cilex, Keflex, Ialex, Ibilex, Rancef
		Ciprofloxacin (Quinolones)	C-Flox, Cifran, Ciprol, Ciproxin, Proquin
		Clarithromycin (Macrolides)	Clarac, Clarihexal, Clarithro, Kalixocin, Klacid
		Erythromycin (Macrolides)	EES, E-Mycin, Eryc, Erythrocine
		Metronidazole	Flagyl, Metronide, Metrogyl, Simplotan
		Rifaximin	Xifaxan
		Roxithromycin (Macrolides)	Biaxsig, Roxar, Roximycin, Rulide
		Tetracyclines	Akamin, Doryx, Doxsig, Doxy, Doxycycline, Doxyhexal, Doxylin, Frakas, Minocycline, Minomycin, Tetracycline, Vibra-tabs
		Trindaxole	Fasigyn
30 Days Prior to Test	Other Anti-infectives	Bismuth	Denol, Helldac
14 Days Prior to Test	Cytoprotectives	Sucralfate	Carafate, Ulcyte
7 Days Prior to Test	Proton Pump Inhibitors	Lansoprazole	Lanzopran, Zopral, Zoton
		Rabeprazole	Parzol, Pariet, Prabez, Rabzole, Razit
		Omeprazole	Acimax, Losec, Meprazol, Maxor, Omepral, Omepro-GA, Pemzo, Ozmepr, Probitor
		Esomeprazole	Nexium
		Pantoprazole	Gastenz, Ozpan, Panthron, Panto, Pantofast, Pantoloc, Pantomac, Pantozol, Salpraz, Somac, Sozol, Suvacid, Torzole
24 Hours Prior to Test	H2 Antagonists	Cimetidine	Magicul, Tagamet
		Ranitidine	Ausran, Rani 2, Ranital, Ranoxyl, Ulcaid, Ultac, Zantac
		Famotidine	Ausfam, Famohexal, Pamacid, Pepcidine, Pepzan
		Nizatidine	Nizac, Tacidine, Tazac
During Fasting and During Test	Antacids	ALU-TAB, Andrews Tums Antacid, DeWitts Antacid Powder, ENO, Gastrogel, Gaviscon, Mylanta, Rennie, Titalac	

The above is not an exhaustive list. If you are unsure about the classification of a medication, please consult your doctor or pharmacist.

Important: Testing for cure or eradication of *H. pylori* should only be performed at least 4 weeks after completion of antibiotic therapy, not sooner.