

4. Cease the following medications TWO weeks (14 days) before the test:

Cytoprotectives

- Carafate
- Sucralfate
- Ulcyte

5. Cease all other medications during the fasting time and the test:

Antacids

H-2 receptor antagonists

- Ausfam
- Ausran
- Cimetidine
- Famorexal
- Famotidine
- Gavilast
- Hexal Ranitec
- Magicul
- Nizac
- Nizaction
- Nizatidine
- Pepcidine
- Pepzan
- Rani 2
- Ranihexal
- Ranitidine
- Ranoxyl
- Tagamet
- Tazac
- Ulcaid
- Zantac

Urea breath test for *Helicobacter pylori*

Information for Patients



If you have any concerns about stopping your medications, please discuss these with your referring doctor.

If you would like any further information, please contact one of our Clinical Microbiologists on **(08) 9317 0999**

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Urea breath test for *Helicobacter pylori*

Information for Patients

What is *Helicobacter pylori*?

This is a type of bacteria that has been linked to peptic ulcer disease. It can be treated with antibiotics.

What is the *Helicobacter pylori* urea breath test?

Helicobacter pylori lives in the stomach and can break down a substance called urea. This is a natural substance found in normal humans. You will be asked to swallow a capsule that contains urea that is attached to a ^{14}C radioactive label. If there are *Helicobacter pylori* bacteria present, the urea is broken down and the radioactive part is breathed out. After a short wait, your breath is collected in a balloon. This is the part that we test in the laboratory.

How much radioactivity is in the capsule?

The amount of radiation is about the same as the amount that the human body is exposed to in every day living. You would receive the same amount on a flight to Sydney.



What happens to the urea and the radioactive label that is not breathed out?

These will be passed out in the urine over the next 24 hours. No special precautions need to be taken.

What if I am pregnant?

The test is not recommended for use in pregnancy. It is also unsuitable for use by small children.

Why do I have to stop my medicines?

Some medications, mainly antibiotics and ulcer treatments can interfere with the test by stopping the bacteria from growing. Taking a break from these medications will let the bacteria grow normally and will give us the best chance of finding them. You will need to have an empty stomach when you do the test.

Why do I need to make an appointment for the breath test?

This is so we can check your medications with you and arrange a suitable time for the test. We can also ensure that the capsules are available when you attend for the test. It will take about 20 minutes for the whole procedure, after it has commenced.

Why will I receive an account?

This test has complex sample collection and transport requirements. There will be an out-of-pocket charge (For details of the exact cost, see our Billing Guide for Out Patients, **My Pathology Test - What will it cost?**) for this test for all patients. You will receive an account. Medicare will reimburse a percentage of this and you will be responsible for the out-of-pocket expense. In line with our normal billing policy, current Health Care Cardholders, Pension Cardholders, Veterans with Gold Cards and residents of Nursing Homes will be exempt from this out-of-pocket charge.

Preparation

1. Nothing by mouth for 4 hours before the test.
2. Cease the following medications ONE month (30 days) before the test:

Antibiotics

- Amoxicillin
- Amoxyl
- Augmentin
- Clarithromycin
- Doxycycline
- Erythromycin
- Flagyl
- Klacid
- Klacid HP7
- Losec HP7
- Metronidazole
- Pylorid-KA
- Tetracycline

Bismuth containing compounds

- De-Nol
- PeptoBismol

3. Cease the following medications ONE week (7 days) before the test:

Proton pump inhibitors

- Acimax
- Esomeprazole
- Lansoprazole
- Losec
- Maxor
- Meprazole
- Nexium
- Omepral
- Omeprazole
- Pantoprazole
- Pariet
- Probitor
- Rabeprazole
- Somac
- Zoton