

Your doctor has requested an H. Pylori Urea Breath Test. The test will take approximately 40 minutes to complete. You will be required to remain at the lab for the duration of the test.

The following medications may interfere with this test for a certain time period after they are taken.

1. Antibiotics *e.g.* Amoxicillin, Clarithromycin, Metronidazole, Tetracycline (4 weeks)
2. Proton pump inhibitors *e.g.* Losec, Prevacid, Pantoloc, Nexium and Prilosec (3 days)
3. H2 receptor antagonists *e.g.* Tagamet, Zantac, Pepcid (1 day)
4. Bismuth salts *e.g.* Pepcid, Pepto-Bismol (2 weeks)
5. Antacids *e.g.* Maalox, Diovol (1 day)

If you are taking any of these meds, it is suggested that you discuss this with your doctor before having the test done.

In order to produce a meaningful laboratory test result, you must follow these instructions.

1. Fast for 4 hours before your test:

- Do not smoke
- Do not eat anything
- Do not drink anything (except small sips of water)

**Note:** Chewing Gum and brushing teeth during the fasting period is acceptable.

2. At the lab, provide a breath sample by taking a normal breath and exhaling for 4 – 8 seconds through a straw into a collection tube

3. Drink a lemon-lime solution

4. Wait 30 minutes (do not smoke, eat, or drink during this time)

5. Provide a second breath sample as in step 2. above