

FOSSE MEDICAL CENTRE

Information for C13

Urea Breath Test

The C13 Urea Breath Test is a simple test to find out if you have bacteria in your stomach called *Helicobacter pylori* (H.pylori). These bacteria are a major cause of stomach inflammation and ulceration. If this test shows you do have H.pylori you may be treated with a short course of tablets to cure the infection. Although the tablets get rid of the H.pylori in 9 out of 10 cases, it is still important to make sure the infection has been properly treated. We can do this with the aid of this simple breath test.

YOU SHOULD READ THIS LEAFLET BEFORE YOU HAVE YOUR TEST

PRE-TEST PREPARATION

1. **Food & Drink** – you must **NOT** have anything to eat or drink for **SIX** hours before the test.
2. **Medication** – **NO ANTIBIOTICS** can be taken for any reason in the **FOUR WEEKS** before the test.

The **FOLLOWING** must be stopped at least **TWO WEEKS BEFORE** the test.

**Lansoprazole (Zoton), Omeprazole (Losec), Pantoprazole (Protium), Esomeprazole (Nexium),
Rabeprazole (Pariet).**

The **FOLLOWING** must be stopped at least **FOUR DAYS BEFORE** the test:

Cimetidine (Tagamet), Ranitidine (Zantac), Nizatidine (Axid).

All the above medication (except the antibiotics) is taken to reduce production of acid in your stomach. If your symptoms get worse when you stop the medication then you may take simple antacids such as Gaviscon until the night before the test.

Please continue to take any other medication that has been prescribed for you.

ON THE DAY OF THE TEST

Bring a bottle of water

The person who is doing the test for you will give you an explanation about the test. If you have any queries don't be afraid to ask.

They will ask you about any tablets/medicines that you have been taking and will confirm when you last had anything to eat and drink.

The test involves taking a breath sample from you before and after a special drink.

You may go home immediately after the test and will be able to eat and drink normally afterwards. The results will be sent to the doctor who requested the test.