

H. PYLORI 1 – UREA BREATH TEST (UBT) Test Preparation

Step 1 – Patient Preparation

1. **Medications** - If you are on any of the following medications that will cause an inaccurate H Pylori Urea Breath Test result contact your physician for further instructions before proceeding to do the test. If you do decide to have the test please inform the lab staff what medications you are taking.
 - **Antibiotics** (Tetracyclines, Biaxin, Amoxil, Flagyl): Discontinue 4 weeks prior to test
 - **Bismuth Preparations** (Maalox, Pepto Bismol, Pylorid) : Discontinue 2 weeks prior to test.
 - **Proton Pump Inhibitors:** (Losec, Nexium, Pantoloc, Pariet, Prevacid, Protium, Zoton)
 - **Histamine H2 Receptor Antagonist/Antacids:** (Antagonist: Mylanta, Pepcid, Tagamet, Tritec, Zantac; Antacids: Roloids, Tums, etc.)
2. **Complete Fasting** – You must fast for at least 4 hours prior to this test – including no food, coffee, tea or water.

Step 2- H. Pylori Urea Breath Test

1. Proceed to the lab that is designated on your requisition OR the instructions in your test kit.
2. During the test, you will be asked to drink a solution or swallow a capsule that contains urea. Samples of your breath will be collected. If H. pylori is present carbon from carbon dioxide will be detected in your breath samples. If H. pylori is present, the isotope carbon in the exhaled carbon dioxide will be detected in your breath sample.

Note: Part of the testing requires the drinking of a solution. For allergy information purposes the ingredients are: Orange flavour crystals, Sodium Citrate, Citric Acid, Mannitol and UREA₁₃C powder.

Test results are generally available 2 weeks after lab testing. Please schedule a follow-up appointment with your healthcare team member to review the results and integrate into your health plan.

Insurance & OHIP: This test is not covered by OHIP. You will be required to pay for this test at the clinic and then seek reimbursement from your employment or private health care plan, if applicable.

If you have any questions: 613-829-7100 or info@revivelif.ca