

About your 14-C Urea Breath Test

Introduction

The purpose of this test is to discover if you have the bacteria *Helicobacter Pylori* (H-pylori) present in your stomach.

Preparing for the test

Please have nothing to eat or drink from 11pm the previous evening.

If you are currently taking Omeprazole (Losec), Lansoprazole (Zoton) or any other proton pump inhibitor medication for your stomach, please stop it at least 48 hours before this appointment.

It will not be possible to carry out this test if any of this type of drug has been taken during these 2 days.

If you are taking Cimetidine, Ranitidine or Zantac, please stop for one week before the appointment. If it is less than 7 days until your appointment, then please stop taking this medication now.

What does the test involve?

The test involves taking two drinks, a creamy drink and some water containing a small amount of substance called Urea which has been labelled with radioactive carbon (C14).

Samples of your breath will be collected at intervals during the hour following administration of the drinks.

The C14 content of these samples will then be measured, the amount found will indicate the presence (or absence) of H-pylori in the stomach.

There are no side effects from the test. However, if you suffer from an allergy to peanuts, please inform the staff performing the test as one of the ingredients of the creamy drink is peanut oil. This drink may be omitted under these circumstances.

H-pylori can be present in the mouth, on teeth or dentures, and can also break down Urea producing incorrect results.

To prevent this, we would like you to clean your teeth thoroughly just before leaving home to attend the test.

The radiation dose associated with this test is very low and has been compared to that which you would receive flying to the United States and back from London.

Your hospital appointment

If you are unable to attend on the arranged time and date or think you may be pregnant, please contact the Endoscopy Department on the number on your appointment letter.

If you have had any antibiotics in the 3 weeks prior to this appointment, please contact the Endoscopy Department on the number on your appointment letter to arrange an alternative appointment, as **antibiotics can affect the test result.**

We want your visit for this test to be as pleasant as possible. If you have any questions about the test itself or about stopping any medication you are on, then please contact the Nuclear Medicine Department at Gloucestershire Royal Hospital on 08454 226824.