



**Marietta Memorial Hospital Department of Gastroenterology**

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## *Helicobacter pylori* Breath Test

### **Patient Preparation:**

1. Patient should be fasting for 1 hour.
2. **Do not administer this test if this list of instructions is not followed, as test results may be inaccurate:**
  - a. Patients should not take proton-pump inhibitors (eg, Prilosec, Prevacid, Aciphex, Protonix, and Nexium) or bismuth compounds (eg, Pepto-Bismol) for 2 weeks prior to testing.
  - b. Patients should not take antibiotics for 4 weeks prior to testing.
  - c. Histamine 2-receptor antagonists (H2RA), such as Pepcid, Tagamet, Axid, or Zantac may impact the sensitivity of the test and, if possible, should be discontinued for 2 weeks prior to testing.
3. Carafate (sucralfate) does not interfere with the test. Use of antacids does not affect the accuracy of this assay.

**Supplies:** H. Pylori Breath Kit

### **Collection Instructions:**

1. **Do not** collect if patient is younger than 3 years of age.
2. Follow instructions included with kit.
3. Mixing the (13)C-Urea Tablet
  - a. Dissolve the Citrica and the (13)C-enriched urea tablet in 150 to 200 mL (5.1 to 6.8 oz.) of tap water in the provided drinking cup.



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b. Close the lid firmly using both hands. Place fingers over lid and shake thoroughly for a few minutes, until the Citrica Powder and the urea tablet are completely dissolved.

**Note:** Tiny particles may remain visible after thorough mixing. However, if more substantial particulate matter is still present after five minutes of mixing, discard the solution and repeat the procedure with a new kit.