

- 30 minutes after the administration of the test solution, Further samples of your breath will be taken. The results will be compared and a significant increase in amount of <sup>13</sup>Carbon in the second set of samples will suggest that active helicobacter pylori is present.
- The test is now complete and your samples will be sent away for analysis.
- After the test you can eat and drink normally and you can resume your normal activity.

### When will I be given the results of my test?

Once we received the result, we will send a copy to your GP.

### Is it safe for pregnant women?

It is not expected that the test procedure may be harmful during pregnancy or lactation.

### What about the side effects?

<sup>13</sup>Carbon and Urea are harmless substances, which occur naturally in the body. Most patients who have the test find that it causes no problem afterwards.

However, you may get an upset stomach. If you suffer stomach upset that last for several days after the test or you notice troublesome symptoms, please consult your Doctors.

### What happens if I have the infection( helicobacter pylori)?

Your doctor may prescribe a course of antibiotics for you.

### Any more questions?

If you have any more questions, please phone 020 7288 5692.

The Whittington Hospital NHS Trust  
Magdala Avenue  
London  
N19 5NF

Phone: 020 7272 3070

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## <sup>13</sup>C urea breath test

### A patient's guide



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This leaflet has been provided to help answer some of the questions you may have about  $^{13}\text{C}$ -Urea breath test.

### **What is the $^{13}\text{C}$ -Urea breath test?**

It is a simple test to check for the presence of active helicobacter pylori (a bacterium) in the stomach and upper digestive tract.

### **What are the reasons for the test?**

It is possible that your gastric condition is associated with an infection by the bacterium, helicobacter pylori, so your consultant has requested the test to check:

- a) whether you are suffering from this bacterial infection, or
- b) whether treatment for the infection has been successful.

### **What preparation do you need?**

For the test to be most effective, the following are particularly important.

### **Stomach Medication**

The test will not work properly if the following types of medication have been taken within 14 days before the test:

- Losec (Omeprazole)
- Zoton (Lansoprazole)
- Protium (Pantoprazole)
- Pariet (Rabeprazole)
- Nexium (Esomeprazole)
- Or any antibiotic within the last four weeks.

If you are currently taking any of these please contact the Gastroenterology Helpline on 020 7288 5692, for advice on what to do and what to take instead.

### **Fasting**

You will be asked to fast (not to eat or drink anything) for six hours before the test. This is because the food and drink can make the test less effective.

- If the test is to be done in the morning, please do not have breakfast.

- If the test is to be done in the afternoon, you can have a light breakfast (such as tea/coffee and toast) as long as you eat six hours before the test.

### **What does the test involve?**

- You will have the test in the Gastroenterology clinic; it takes about an hour to complete the test.
- You will be asked to provide two breath samples by simply breathing through the mouth and down a straw into the base of a small tube. As you breath out, the straw is gradually removed from the tube, which is then quickly sealed.
- You will be asked to drink a solution of 1g citric acid diluted in 200 ml of water to delay gastric emptying.
- After drinking the citric acid solution, you will be asked to drink a solution of  $^{13}\text{C}$ - Urea. This is dissolved in 30 ml of water and taken immediately.

If active helicobacter Pylori are present in your stomach, these bacteria will break down the  $^{13}\text{C}$ -Urea, releasing  $^{13}\text{C}$ Carbon into the carbon dioxide in your breath.