



Helicobacter Test Infai (C13Urea Breath Test)

For Helicobacter Pylori Infection

Patient information on the C13 Urea Breath Test

This leaflet gives you some helpful information about Helicobacter Pylori Infection. The leaflet also explains how to prepare for the test and how the test will be carried out.

What is Helicobacter Pylori (HP)?

Helicobacter Pylori is a bacteria that is found in the stomach. The infection has been given this name because of the helical shape and the site that it is found in the stomach, called the pylorus. If the bacteria is present, this may probably be the result of an infection which was caused in childhood. The bacteria can cause inflammation of the stomach lining (Gastritis) and ulceration.

What is a Breath Test?

The test involves swallowing a harmless substance that will be broken down in the stomach. If HP bacteria is present the breakdown products will be detected in the breath, which is collected in small test tubes. The test is an accurate way of assessing whether HP is present in the stomach. It is also useful after eradication treatment to check that the stomach is clear of infection.

If the test shows that you do have HP you may be treated with a short course of tablets to eradicate the infection.

The cost of the test is:£105.00.

The test may be booked via your consultant or your GP.

Who can use Helicobacter Test Infai?

The test can be used by patients 12 years and over, but it is not usually prescribed if you recently have had stomach surgery or if you have a particular type of illness called gastritis. Helicobacter Test Infai can be used if you are pregnant or if you are breast-feeding.

Before the test

There are several things you need to do before the test to make sure it works properly.

- **Do Not** eat or drink anything for six hours before the test.

On the day of your test:

- **Do Not** smoke
- **Do Not** brush your teeth.
- **Do Not** use any form of toothpaste or mouth washes.
- **Do Not** rinse your mouth with water or any other substance.
- **Do Not** eat any mints or use any form of mouth or breath fresheners.

Please turn over

Helicobacter Pylori is affected by antibiotics your consultant or GP will advise you to stop taking these four weeks before the test, if he or she does not, please ensure you check with them. Helicobacter Pylori is also affected by medicines which control the amount of acid in your stomach. Cimetidine (Tagamet) or Ranitidine (Zantac) must not be taken 3 days prior to the test.

The following medicines should be stopped 2 weeks prior to the test:

Lansoprazole (Zonton)
Omeprazole (Losec)
Pantoprazole (Protium)
Esomeprazole (Nexium)
Rabeprazole (Pariet)

During the test:

You should expect to be at the hospital for approximately one hour.

You will be given a 250ml carton of orange juice to drink before you have the 13C-Urea drink, this is to make sure the 13C-Urea does not pass through your stomach too quickly.

Please Note: If you are allergic to orange juice please inform a member of the nursing team as they will provide you with an alternative drink.

The first two breath samples are taken to find out how much 13C-carbon dioxide you normally have in your breath. You will blow gently through the straw into a small tube, which is then sealed by replacing the rubber stopper.

You will be asked to drink the 13C-Urea, you will then be asked to wait for half an hour. You must not eat or drink during this period.

Please Note: If you experience any discomfort or side affects after taking the 13C-Urea please inform the nurse as soon as possible.

After half an hour of waiting you will then be asked to perform a second set of breath samples by blowing into two more tubes.

After the test

The breath samples will be sent to the laboratory, the results will be available with your consultant or GP within 2 weeks. The Helicobacter Test Infai does not effect your ability to drive or use machinery. No adverse effects of the test have ever been reported, but please inform your doctor if you have any symptoms you think may be related to the test.

Please ensure you make a follow up appointment with you consultant or GP to obtain your results and information on any treatment that may be required.

For further information, please contact Consulting Centre Nursing Staff on 020 8872 3872 extension 4199.