

13C-Urea Carbon Dioxide Breath Test

– Hotel Dieu Hospital

Why am I having this test?

The test is done to determine whether you have a very particular infection (*Helicobacter pylori*) in your stomach.

How does this test work?

This test will measure the amount of Carbon Dioxide in your breath both before and after you are given a specific drink.

The changes in the amount of Carbon Dioxide can tell the doctor if you have the infection (*Helicobacter pylori*) in your stomach.

What will happen during the test?

While seated, you will be asked to hold your breath for 8-10 seconds and then blow through a tube to collect a sample of your breath.

You will then be given a special lemon-flavoured drink, mixed with water.

After waiting 30 minutes, a second breath sample will be collected.

Instructions

28 Days before the test

- Stop taking any antibiotics or Bismuth-containing preparations (e.g. Pepto-Bismol, Pylorid).

14 Days before the test

- Stop taking Proton-Pump Inhibitors such as: Losec (Omeprazole), Pantoloc (Pantoprazole), Prevacid (Lansoprazole), Nexium (Esomeprazole), Pariet (Rabeprazole Sodium), Tecta (Pantoprazole Magnesium), and Dexilant (Dexlansoprazole).

7 Days before the test

- Stop taking H2 Blockers such as: Zantac (Ranitidine), Apotex (Apo-Ranitidine), Novopharm (Novo-Ranitidine), Pepcid (Famotidine), Axid (Nizatidine), Tagamet (Cimetidine)
- Sulcrate (Sucralfate).
- NOTE – you may use Tums, Roloids, Gaviscon, Gravol, Gasex or liquid antacids instead of the other medications until 12 hours before your test.

8 Hours before the test

- Do not have anything more to eat or drink **(including water)** until after the test has been completed.

On the day of the test

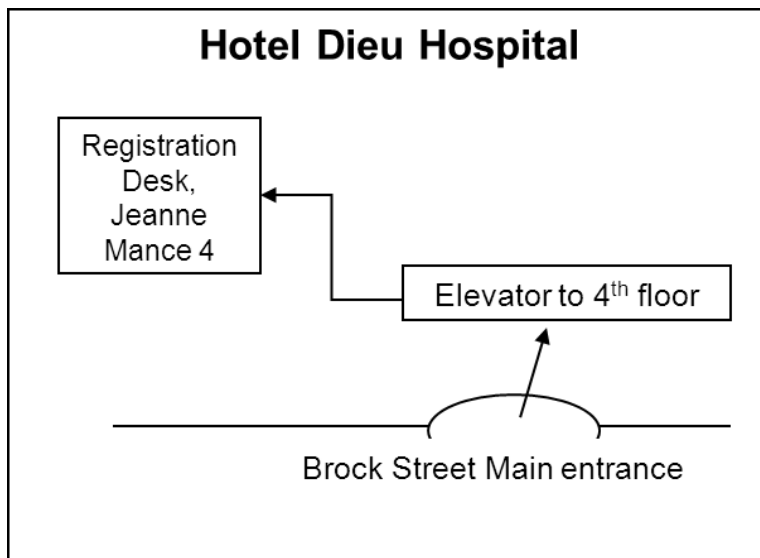
- Hold all morning medications until after the test is completed.
- You may brush your teeth before your appointment, but do not swallow any fluid.
- The test will take about 30 minutes to complete.
- After the test is completed, you may start taking your medications again, and may eat and drink normally after you leave.

After your test

The results will be sent to the Doctor who requested the test, please follow up with your Doctor for the results.

Where do I go for the test?

This test is performed in the Gastroenterology (GI) Function Testing Unit, 4th Floor, Room 473, Hotel Dieu Hospital. Please report to the Jeanne Mance 4 Registration Desk.



If you have any problems or questions, phone the GI Function Testing Unit at
613-544-3400 ext. 22417:

- Monday & Friday 8:00am to 12:00pm
- Tuesday, Wednesday and Thursday 8:00am to 2:00pm.