

Urea Breath Test for Helicobacter pylori

Before collecting the breath test

- Patient should not eat or drink anything except plain water **one hour** prior to testing
- The Pranactin®-Citric solution contains phenylalanine (one of the protein components of aspartame). Phenylketonurics restrict dietary phenylalanine.
- Patient must consult their doctor about stopping the use of the following medications **two weeks** prior to the urea breath test:
 - Antibiotics of any kind
 - Bismuth (Pepto-Bismol®)
 - Proton-pump inhibitors
 - Aciphex (rabeprazole)
 - Nexium (esomeprazole)
 - Prilosec (omeprazole)
 - Prevacid (lansoprazole)
 - Protonix (pantoprazole)
- Patients must consult their doctor about stopping the use of the following medications **24-48 hours** prior to the urea breath test:
 - Histamine 2-receptor antagonists (H₂RAs)
 - Axid (nizatidine)
 - Dypamet, Tagamet (cimetidine)
 - Pepcid (famotidine)
 - Pylorid, Trilec (rantidine bismuth citrate)
 - Zantac (rantidine)
- Patients may continue to take the following antacid medications: Maalox, Mylanta, Roloids or TUMS

Administering the Breath Test

The breath test is performed by collecting a breath sample before and after drinking a special solution. The breath samples are then analyzed for carbon dioxide.

Procedure:

1. Collect baseline sample by instructing the patient to: (1) breathe normally; (2) take a deep breath and hold their breath momentarily; (3) exhale into the mouthpiece of the **blue** bag. Replace cap on the bag and press down until it snaps in place to prevent sample loss.
2. Prepare Pranactin®-Citric solution by adding the entire packet to the plastic container provided in the kit and fill with water to the designated line. Close the lid securely and swirl contents until dissolved. This step may take up to 2 minutes. *The resulting solution should be free of particulate matter. If particulate material is present after thorough mixing, the drug solution should not be used.* This solution can be made **up to one hour** prior to testing.
3. Have the patient drink all of the solution **through the straw provided**, without stopping.
4. **Set timer for 15 minutes.** The patient should not eat, drink, or smoke during the test period.
5. After 15 minutes have elapsed, have patient follow instructions as outlined in step 1 to collect post-dose specimen into **pink** bag.
6. Properly **label both bags** with the patient's full name, date of birth, collection date and time. Place both bags into the zip-lock bag provided in the kit, and place the zip-lock bag with contents into a properly labeled cardboard transport container for a courier to deliver to the testing lab.