

Urea breath test



Your doctor wants you to have a urea breath test to check on the health of your stomach. This fact sheet explains the reasons for this test and describes the steps involved.

What is the purpose of this test?

This test is designed to detect the *Helicobacter pylori* bacteria in your stomach.

IMPORTANT

This test is intended for adults and for children weighing more than 15 kg (35 lbs.).

What does this test involve?

It consists of collecting breath samples in a special tube just before and 30 minutes after drinking a specific beverage.

The test measures the concentration of carbon atoms (C^{13}) in the samples.

Do I need to be fasting for this test?

You need to fast for **at least 3 hours** before the test. You must not eat or drink anything, not even water.



Do I need to take any precautions BEFORE this test?

Yes. You must not have taken certain medications, such as:

- > Antacids, for at least **24 hours**:
 - such as Zantac, Axid, Gaviscon, Maalox, Tums, Pepcid, or Tagamet
- > Proton pump inhibitor type drugs, for **2 weeks**:
 - omeprazole (Losec or other brands)
 - lansoprazole (Prevacid or other brands)
 - esomeprazole (Nexium or Apo-Esomeprazole)
 - pantoprazole (Pantoloc, Tecta, or other brands)
 - rabeprazole (Pariet or other brands)
 - dexlansoprazole (Dexilant)
- > Antibiotics, for **4 weeks**, including Pepto-Bismol.

If in doubt, ask your pharmacist or doctor and follow their advice.

Where do I need to go for this test?

It's done at the CHUM Test Centre. You will first need to make an appointment on Clic-santé.

Important! Make sure to select the correct test (service) that you're coming for.

> **D Pavilion, 1st floor**
Room D0141
1051 Sanguinet Street
Montréal H2X 0C1

The Centre is open Monday to Friday, from 6:45 a.m. to 2:30 p.m.

How long does this test take?

It takes about 40 minutes altogether, for the preparation and taking 2 breath samples.

How is the test done?

- 1 You will be given a citric-acid based beverage to drink. (It has a lemony taste.).
- 2 You will blow through a straw into 2 tubes designed to collect air samples. These samples will be marked T=0.
- 3 Then you will be given a citric-acid based beverage to drink. This one contains urea.
- 4 After waiting 30 minutes, you will blow through a straw into 2 other tubes. These samples will be marked T=30.



Do I need to take any precautions DURING this test?

During the entire time of the test, you need to be resting. You will not be able to drink, eat or smoke.

When will the results be available?

Your doctor will give you the test results at your next appointment.



USEFUL RESOURCES

Other health sheets published by the CHUM are available. Ask for those that might fit your situation.



You can also find them on our website chumontreal.qc.ca/fiches-sante



Questions

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The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.

To find out more about the Centre hospitalier de l'Université de Montréal
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