

## How to Prepare for a Carbon-14 Urea Breath Test

**Walk-in Clinic Monday to Friday 7:45 am to 9:30 am  
(Clinic is closed on Holidays)**

Nuclear Medicine, Diagnostic Imaging, Central Zone  
3<sup>rd</sup> Floor Dickson Building, VG Site of the QE II HSC  
University Avenue, Halifax

### **IMPORTANT:**

- Please bring a requisition signed by your doctor
- Ask your doctor which medications you should stop and for how long
- Please bring a list of your medications when you come for the test
- If you are pregnant or breastfeeding please tell the technologist before your test

### **Why is this test done?**

This test is done to see if you have H Pylori bacteria in your stomach.

### **How is the test done?**

The technologist will ask you to swallow a capsule that has a small amount of 14 C Urea (radioactive isotope) with a small amount of water. Ten minutes later you will blow air into a balloon.

### **How do I get ready?**

### **PATIENT PREPARATION:**

- Nothing to eat or drink for 6 hours before the test
- No antibiotics for 30 days before the test
- No bismuth compounds (e.g. Pepto-Bismol) 30 days before the test
- No proton pump inhibitors (e.g. Losec, Previsid, Arthrotec) 14 days before the test
- No H2 Receptor antagonists (e.g. Ranitidine, Zantac) 24 hours before test
- No anti-acids (Tums, Roloids, etc) 12 hours before the test
- Refer to list of medications for all drugs
- No smoking for 2 hours before test

## <sup>14</sup>C Urea Breath Test for H.Pylori

If the C14 Urea breath test patient is on any of the medications listed below, he/she must be informed to stop for the prescribed time by the physician at the time he/she is given the requisition.

### Physician Reference for Drugs that interfere with the test:

| Class                          | Pharmaceutical  | Effect  | Recommendations                        |
|--------------------------------|---|---|--|
| <b>Antibiotics</b>             | Including Hp-PAC, Sultrin<br><b>All classes except:</b> Vancomycin, Nalixidic Acid (NegGram), Trimethoprim (Proloprim, Coptin), Amphotericin B (Fungizone)  | Inhibitory or bactericidal activity   | Stop medication 30 days prior to test  |
| <b>Cytoprotectives</b>         | Bismuth Salts ( <b>PeptoBismol</b> )<br>Bismuth Salt with H2 Receptor Antagonist  | Bactericidal or bacteriostatic activity                                       | Stop medication 30 days prior to test  |
| <b>Proton Pump Inhibitors</b>  | <b>Arthrotec—contains misoprostol</b><br>Dexilant<br>Esomeprazole ( <b>Nexium</b> )<br>Omeprazole ( <b>Losec, Prisoletc</b> )<br>Lansoprazole ( <b>Prevosid, Zoton</b> )<br>Pantoprazole ( <b>Pantoloc</b> )<br>Rabeprazolesodium ( <b>Pariet</b> )   | Bactericidal or bacteriostatic activity                                       | Stop medication 14 days prior to test  |
| <b>H2 Receptor Antagonists</b> | Alti-Ranitidine<br>Apo-Cimetidine<br>Apo-Famotidine<br>Apo-Nizatidine<br>Apo-Ranitidine<br>Axid<br>Gen-Cimetidine<br>Gen-Famotidine<br>Gen-Ranitidine<br>Novo-Cimetidine<br>NovoFamotidine<br>Novo-Nizatidine<br>NovoRanitidine, Nu<br>Nu-Cimetidine<br>Nu-Ranit<br>Pepcid Tablet<br>PMS Cimetidine<br>Pylorid<br>Tagamet<br>Ulcidine Zantac-75<br>Zantac | May promote urease producing oral flora<br>May promote H.Pylori proliferation | Stop medication 24 hours prior to test |
| <b>Antacids</b>                | All products<br>ie, <b>Gaviscon, Maalox, Mylanta, Rolaid, Tums</b>  | Decrease in urease activity<br>May erroneously decrease result values         | Stop 12 hours prior to test.           |

Revised Dec 2016