SydPath
ST VINCENT'S PATHOLOGY

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C13 UREA BREATH TEST COLLECTION

PRIOR TO THE TEST:

- For a morning test have nothing to eat or drink that morning.
- For an afternoon test have a light breakfast only (e.g. tea and toast).
- No antibiotics of any kind, including Helidac, LosecHelicopak, or any De-Nol, should be taken 4 weeks before the test.
- NoLosec, Somac, Zoton, Nexium, pariet or other PPIs should be taken for at least 7 days before the test. The test takes 30-45 minutes.

TEST PREPARATION:

- Label the 4 test tubes with patient details.
- Complete the request form and the Medicare voucher enclosed in the kit.
- Dissolve all 100mg of 13C-urea in 25ml of water in a separate cup. The best way to ensure all the 13C-urea is dissolved is to first tip out the urea into 20ml of water and pour 5ml of water into the urea vial to wash out any residual urea powder left in the vial. Ensure all the urea is dissolved by stirring thoroughly.

PERFORMING THE TEST:

1. Sit the patient down in a comfortable chair and collect breath samples in the two **WHITE** capped tubes.
    a. Unscrew the cap of tube.
    b. Insert straw right down to the bottom of the tube and blow continuously for 5- 10 seconds. Condensation should be noted in the tube.
    c. Keep blowing as you withdraw the straw from the tube.
    d. Immediately re-seal the tube with the screw cap.

2. Next, the patient drinks the 25ml 13C-urea solution, then rinses and swallows another 25ml of water. Wait 30 minutes. The patient should sit quietly during this time.

3. Collect two post-dose breath samples in the same manner as previously described in the two **RED** capped tubes. Ensure the patient signs the enclosed Medicare voucher. Return four C13 test tubes, C13 request form, C13 Medicare voucher and SydPath request form to SydPath specimen reception.

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