SydPath
ST VINCENT'S PATHOLOGY

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C14 UREA BREATH TEST COLLECTION

The C14-Urea Breath Test is used to identify the presence of Helicobacter pylori bacterium. Helicobacter pylori infection is one of the most common chronic infections worldwide and is associated with peptic ulcer disease and rarely gastric cancer.
The involves swallowing a single capsule and waiting 10 minutes before breathing into a small balloon. The balloon is collected and analysed to determine if you have Helicobacter pylori infection. No adverse reactions have been reported with this test.
C14 contains a tiny amount of radiation, equivalent to half the environmental dose we receive naturally in a normal day. There is no evidence that such small doses of radiation have ever caused harm in adults, children, pregnant women, or nursing mothers. However, persons concerned about the very low radioactivity dose should advise the Doctor who may postpone the test or use an alternative means of diagnosis.

PREPARATION:

- Fast for 6 hours before the test (including all water and all medications)
- Brush teeth before test (use water only, no toothpaste and do not swallow)
- **No** antibiotics or Bismuth containing medicines (Cytoprotectives) for at least 4 weeks before the test.
- **No** Proton Pump Inhibitors such as Losec (Omeprazole), Nexium (Esomeprazole), Pariet (Rabeprazole), Probitor (Omeprazole), Somac (Pantoprazole) or Zoton (Lansoprazole) for at least 1 week before the test, preferably 2 weeks.
- **No** H2 Receptor antagonists or Sucralfate for at least 24 hours prior to the test if possible.
- **No** precautions or restrictions are needed following the test.

PROCEDURE:

- Ensure that the patient and referring Doctor's details are fully completed including patient's full name, patient address and contact number, patient DOB, referring Doctor's name and address, referring Doctor's provider number.
- Complete the patient's details, date and time of sample that is provided on the balloon.
- Instruct the patient to swallow the capsule with half a cup of warm water (warm water assists in rapid absorption of the capsule). The patient must not handle the

capsule directly and the capsule should be swallowed intact. The patient must not chew the capsule.

- At 10 minutes (it must not be under 10 minutes duration, even 15 minutes is fine) instruct the patient to fully inflate the balloon with the provided straw. Remove the straw and tie the balloon with a standard secure knot.
- Return the inflated balloon, request form (containing patient and referring Doctor information) to St Vincent's Hospital.
- If you have any queries please phone the St Vincent's Hospital Nuclear Medicine Department on (02) 8382 2445.

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