13C-Urea Carbon Dioxide Breath Test

Why am I having this breath test?
This test will measure the amount of Carbon Dioxide in your breath both before and after you are given a specific drink.
Any change in the amount of Carbon Dioxide can tell the doctor if you have an infection of bacteria (Helicobacter pylori) in the lining of your stomach.

What will happen during the test?
While seated, you will be asked to blow through a tube to collect a sample of your breath.
You will then be given a special lemon-flavoured drink, mixed with water.
After waiting 30 minutes, a second breath sample will be collected.

Instructions

28 Days before the test
- Stop taking any antibiotics or Bismuth-containing preparations (e.g. Pepto-Bismol, Pylorid).

14 Days before the test
- Stop taking Proton-Pump Inhibitors such as: Losec (Omeprazole), Pantoloc (Pantoprazole), Prevacid (Lansoprazole), Nexium (Esomeprazole), Pariet (Rabeprazole Sodium), Tecta (Pantoprazole Magnesium), and Dexilant (Dexlansoprazole).

7 Days before the test
- Stop taking H2 Blockers such as: Zantac (Ranitidine), Apotex (Apo-Ranitidine), Novopharm (Novo-Ranidine), Pepcid (Famotidine), Axid (Nizatidine), Tagamet (Cimetidine), Sulcrate (Sucralfate).
- NOTE – you may use Tums, Rolaids, Gaviscon, Gravol, Gasex or liquid antacids instead of the other medications until 12 hours before your test.

8 Hours before the test
- Do not have anything more to eat or drink (including water) until after the test.

On the day of the test
- If you have any medications you would normally take in the morning, bring them with you to the appointment.
• If you wish to brush your teeth before your appointment, you may do so, but do not swallow any fluid (e.g. toothpaste or water).
• The test will take about 30 minutes to complete.
• After the test is completed, you may start taking your medications again, and may eat and drink normally after you leave.

**After your test**
Your doctor will contact you if you require follow-up.

**Where do I go for the test?**
This test is performed in the Gastroenterology (GI) Function Testing Unit, 4th Floor, Room 473, Hotel Dieu Hospital. Please report to the Jeanne Mance 4 Registration Desk.

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**Hotel Dieu Hospital**

If you have any problems or questions, phone the GI Function Testing Unit at **613-544-3400 ext. 2417**:

- Monday & Friday 8:00am to 12:00pm
- Tuesday, Wednesday and Thursday 8:00am to 2:00pm.

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