

## Patient information sheet

### H. pylori Urea Breath Test (UBT)

#### Preparation and Instruction for Investigation:

1. Patient should be fasted for at least **6 hours**.
2. Avoid eating, drinking (including no water), taking any medication, smoking or physical exercise prior to the test.
3. Do not take any of the following medication for 2 weeks prior to the test.
  - a. Bismuth preparation (Pepto Bismol)
  - b. Proton pump inhibitors (e.g.: Losec, Prevacid, Pantoloc, Nexium, Pariet)
4. Do not test before 4 weeks after Helicobacter eradication therapy (on antibiotics).
5. The test should not be performed in patients with gastrectomy.
6. In case it is necessary to repeat the test, this should be done after 24 hours.

#### Procedures:

1. Patient should sit quietly for 5 minutes.
2. Collect baseline sample bag:

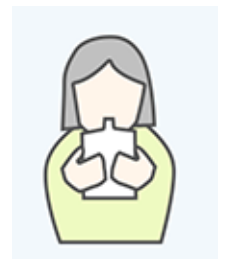


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| <ol style="list-style-type: none"> <li>a. Breathe normally, then hold the breath for 5 - 10 seconds.</li> <li>b. Exhale into the mouthpiece of bag.</li> <li>c. Cap or clip firmly the mouthpiece of bag.</li> <li>d. Fill in patient information on green BASE sample label.</li> </ol> |
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3. Instruct patient to swallow the whole tablet. If the patient chews the tablet, the test must be performed again after 24 hours of a false positive result increase.
4. Have the patient sit quietly for **10 minutes**.
5. If the patient cannot swallow the tablet, dissolve the tablet in water. Post dose breath sample will be collected after 30 minutes.
6. Collect Post dose sample bag:

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| <ol style="list-style-type: none"> <li>e. Breathe normally, then hold the breath for 5 - 10 seconds.</li> <li>f. Exhale into the mouthpiece of bag.</li> <li>g. Cap or clip firmly the mouthpiece of bag.</li> <li>h. Fill in patient information on red POST sample label.</li> </ol> |
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7. Check sample bags are capped properly and keep at room temperature.

Note: If sample bag is not adequately filled by one breath, repeat the collection steps.

Additional information: Helicobacter Pylori Breath Test is not recommended for patient less than 6 years old. An alternate test (H.pylori Stool Antigen) is available for all patients.