



Urea Breath Test

UREA BREATH TEST:

The urea breath test is used to detect Helicobacter pylori (H. pylori), a type of bacteria that may infect the stomach and is a main cause of ulcers in both the stomach and duodenum (the first part of the small intestine).

You must be off the following medications for the prescribed time before you can have a Urea Breath Test.

- No "Green Goddess" taken in the last month. Usually in an ER or Urgent Care setting
- No Mylanta • No antibiotics within the last 30 days
- No Sucralfate/Carafate in the last 2 weeks
- No Proton-pump inhibitors (PPI) in the last 2 weeks

H. Pylori Check List

You have been diagnosed with H. Pylori. You will need to complete the prescribed antibiotics then confirm eradication of the infection by completing a breath test. After completing your H. Pylori treatment, you will need to avoid PPIs (acid reducers), bismuth and all other antibiotics.

Below is a list of medications that are acceptable and unacceptable to take prior to completing the breath test:

Unacceptable

- Prilosec/Prilosec (Omeprazole)
- Prevacid (Lansoprazole)
- Nexium (Esomeprazole)
- Aciphex (Rabeprazole)
- Protonix (Pantoprazole)
- Pepto-Bismol (Bismuth)
- Antibiotics

Acceptable

- Tums
- Rolaids
- Gavison
- Maalox
- Gelusil
- Zantac (Ranitidine)
- Tagamet (Cimetidine)
- Phazyme (Simethicone)
- Pepcid (Famotidine)
- Mylanta
- Mylicon

MUST BE FASTING FOR 1 HOUR PRIOR TO BREATH TEST.

You may complete the breath test after this date: _____

(Breath test does not require an appointment and can be completed at the lab.)

If you have a delay in treatment or will need to take any other antibiotics for any reason, please contact at office at (806) 696-4440 to arrange a new breath test date