# LABORATORY PATIENT COLLECTION INSTRUCTIONS

## Preparation for a Helicobacter pylori Breath Test (UBT)

### Information
- The test will take 1 hour to complete.
- The drink provided for this test has no added gluten, lactose or glucose and includes the following ingredients:
  - 13C (safe for pregnant women)
  - Orange flavouring
  - Sodium citrate
  - Citric acid
  - Mannitol

### Calgary Collections:
- Available at all Patient Service Centre sites on an appointment only basis.
- Call 403-770-5136 to book an appointment
- Collection is NOT available at Calgary acute care sites (hospitals).

### Calgary Rural Collections:
- Available at all rural hospital laboratories on an appointment only basis. For appointment contact information refer to the reverse side of the Rural Laboratory Requisition or [www.calgarylabservices.com](http://www.calgarylabservices.com) / Patient & Visitor Guide / Laboratory Locations & Hours / Calgary Rural Lab Locations & Hours.

### How to prepare:
- The Helicobacter pylori breath test should be scheduled before barium tests if both are scheduled for the same day.
- Do not schedule any other breath test for the same day.
- Do not eat, chew or drink (including water) for at least 4 hours before coming to laboratory and continue to fast during the 30 minute wait period.
- Brushing of the teeth is permitted at any time before testing. Minimal ingestion of toothpaste or water during brushing and rinsing of the mouth is acceptable.
- Avoid smoking from the beginning of the fast until completion of the test.

### Medications to Avoid:
- Discuss prescription drug discontinuation with your physician.
- The following medications should not be used prior to the test:
  - Antibiotics – 4 weeks
  - Bismuth preparations - 2 weeks (i.e. Peptol Bismol)
  - Proton pump inhibitors - 3 days (i.e. Losec, Prevacid, Pantoloc, Nexium, Pariet)
  - Histamine H2 Receptor Antagonists - 1 day (i.e. Tagamet, Zantac, Pepcid, Axd, Pylorid, Cimetidine)
  - Antacids - 1 day (i.e. .Tums, Rolaid)

### Additional Information:
- The Helicobacter pylori Breath Test (UBT) is not recommended for patients less than 6 years of age.
- An alternate test (H. pylori Stool Antigen) is available for all patients.

Questions? Contact the Laboratory Information Centre at 403-770-3600 or visit MyHealth.Alberta.ca.