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

**Information**
- The test will take 1 hour to complete.
- The drink provided for this test is gluten and lactose free and includes the following ingredients:
  - C13 (safe for pregnant women)
  - Urea
  - Citric acid
  - Manitol
  - Orange flavour crystal - USP grade

**Calgary Collections:**
- Available at all Patient Service Centre sites on an appointment only basis.
- Call 403-770-5136 or book online at www.calgarylabservices.com
- Collection is NOT available at Calgary acute care sites (hospitals).

**Calgary Rural Collections:**
- Available at all rural hospital laboratories preferably by appointment or on a walk-in basis as time permits.
- For appointment contact information refer to the reverse side of the Rural Laboratory Requisition or 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, Axid, Pylorid, Cimetidine)
  - Antacids - 1 day (i.e. Tums, Rolaid)

**Children (less than 6 yrs.):**
- 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 this age group.

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