

Patient Information for C14 Urea Breath Test (PY Test)

This test reports the likelihood of the presence of *Helicobacter Pylori* in the stomach. The test measures carbon dioxide in the expired breath, produced as a product of the enzyme urease which *Helicobacter Pylori* secretes. The Urea Breath test is used as an effective diagnostic method and is also used after *Helicobacter Pylori* eradication therapy to confirm that the therapy has worked.

THE SAFETY OF THIS TEST

The test capsule to be swallowed for this test (PY Test) contains urea tagged with tiny amounts of radioactive carbon 14 level. The amount of radioactive exposure from the test is less than an individual's daily background radiation received from nature. The test is considered safe in pregnancy and in children. Should the patient or guardian have any concerns, they should discuss these with their doctor before proceeding with the test. The test capsule is Halal certified.

TO PREPARE FOR THIS TEST

The test takes approximately 15mins, no appointment is necessary, and the following instructions are to be noted in preparation:

1. Medications

- *All Antibiotics or bismuth containing products* (De-Nol, Helidac) must be **stopped for 4 weeks prior to test**
- *Cytoprotectives* (Carafate, Sucralfate, Ulcyte) must be **stopped for 2 weeks prior to test**
- *Proton pump inhibitors* (Acimax, Esomeprazole, Losec, Maxor, Nexium, Omeprazole, Pantoprazole, Pariet, Probitor, Rabeprazole, Somac, Zoton) must be **stopped for 1 week prior to test**
- *Antacids and H2 Antagonists* (Amfamox, Ausran, Cimehexal, Cimetidine, Famotidine, Hexal Ranitic, Magicul, Nizatidine, Pepcid, Pepcidine, Rani 2, Ranihexal, Ranitidine, Ranoxyl, Sigmatidine, Tagamet, Tazac, Zantac) must be **stopped during fasting period**

If you have had or think you may have had such medications, consult with your referring doctor for guidance. In such cases the test may need to be postponed.

2. Food and water

- Patient must fast for a minimum of 4 hours - recommended 6 hours or overnight. This includes no foods or intake of any form of liquid e.g. tea, coffee or water.
- No smoking at least 8 hours prior to the test.
- Patient must not brush their teeth.
- **If the patient is pregnant or breast feeding,** please refer the patient back to their Referring Doctor.
- **If the patient is a child,** a C14 Urea breath test may be performed provided the child is able to swallow the capsule (The parent or the guardian should provide this information). If the child is unable to swallow the capsule, please refer patient back to their Referring Doctor. **DO NOT** open capsule.