

DATE:	2021 December 13
TO:	Physicians, Nursing Staff & Laboratory Staff (Edmonton, North and Central Zones)
FROM:	DynaLIFE Medical Labs & Alberta Precision Laboratories
RE:	Optimal Time Stopping PPI prior to Urea Breath Test (UBT)

PLEASE POST OR DISTRIBUTE AS WIDELY AS APPROPRIATE

Key Message

- There is some variation in how long patients are advised to halt their proton pump inhibitor (PPI) prior to doing a urea breath test (UBT) for *Helicobacter pylori* infection.
- With this bulletin, we would like to clarify that **the optimal duration of stopping the PPI is 14 days prior to the UBT. This aligns with current recommendations for the Helicobacter stool antigen test (HpSAT).**

Background

- It is known from data in the literature that use of PPI can turn urea breath tests falsely negative. Most false negatives occur within 3 days of stopping the PPI, but the optimal duration of holding this medication is 14 days.

Action Required

- Advise patients that PPI should not be taken for 14 days before the UBT
- **If patients have breakthrough symptoms during the 14 days that they are not taking PPI, they can be advised to take antacids up to 24 hours before the UBT.**

Inquiries and Feedback may be directed to

- DynaLIFE Clinical Chemists at (780) 451-3702 ext. 3572 or clinical.chemists@dynalife.ca.
- DynaLIFE Medical Microbiologist On-Call at (780) 451-3702.
- Dr. Sander Veldhuyzen van Zanten, Professor of Medicine, Division of Gastroenterology, University of Alberta and AHS Senior Medical Director, Digestive Health, Strategic Clinical Network at sander.vanzanten@albertahealthservices.ca

This Bulletin has been Reviewed and Approved by

- Dr. Mathew Estey, Director, Clinical Chemistry, DynaLIFE Medical Labs
- Dr. Erene Farag, Director, Anatomical Pathology & Interim Medical Director, DynaLIFE Medical Labs
- Dr. Raymond Lai, Medical Director, DynaLIFE Medical Labs
- Dr. Michael Mengel, Medical Director and Acting Chief Medical Laboratory Officer, North Sector