



Information	<ul style="list-style-type: none">• 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:<ul style="list-style-type: none">○ 13C Urea (safe for pregnant women)○ Orange flavouring○ Sodium citrate○ Citric acid○ Mannitol <p>Calgary Collections:</p> <ul style="list-style-type: none">• 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). <p>Calgary Rural Collections:</p> <ul style="list-style-type: none">• 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 / Patient & Visitor Guide / Laboratory Locations & Hours / Calgary Rural Lab Locations & Hours.
How to prepare:	<ul style="list-style-type: none">• 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:	<ul style="list-style-type: none">• Discuss prescription drug discontinuation with your physician.• The following medications should not be used prior to the test:<ul style="list-style-type: none">○ Antibiotics – 4 weeks○ Bismuth preparations - Minimum of 2 weeks (i.e. Peptol Bismol)○ Proton pump inhibitors - Minimum of 2 weeks (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, Roloids)
Additional Information:	<ul style="list-style-type: none">• 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.