

Booking an Appointment for the Test	<ul style="list-style-type: none"> • Call 1-833-572-0577 to book an appointment. For Calgary area patients, call 403-770-5136. • The Urea Breath Test should be scheduled before x-rays that use a barium drink if both are scheduled for the same day. • Do not schedule any other breath test for the same day. 												
How to Prepare	<ul style="list-style-type: none"> • Do not eat, chew (including gum or candy), 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. <p>Medications to avoid:</p> <ul style="list-style-type: none"> • Discuss your prescription drugs with your physician and get their approval before stopping any medication. • Do not take the following medications before the test: <table border="1" data-bbox="386 758 1507 1287"> <thead> <tr> <th>Restrictions</th> <th>Timeframe</th> </tr> </thead> <tbody> <tr> <td>Antibiotics</td> <td>28 days before test</td> </tr> <tr> <td> <ul style="list-style-type: none"> • Bismuth preparations: Peptol Bismol • Gaviscon </td> <td>14 days before test</td> </tr> <tr> <td> Proton pump inhibitors: <ul style="list-style-type: none"> • Losec (Omeprazole magnesium) • Nexium (Esomeprazole) • Pantoloc (Pantoprazole sodium) • Pariet (Rabeprazole sodium) • Prevacid (Lansoprazole) • Tecta (Pantoprazole magnesium) </td> <td>14 days before test</td> </tr> <tr> <td>Antacids: Tums, Rolaids</td> <td>24 hours before test</td> </tr> <tr> <td> Histamine H₂ Receptor Antagonist: <ul style="list-style-type: none"> • Axid (Nizatidine) • Pepcid AC (Famotidine) • Zantac (Cimetidine) • Pylorid (Ranitidine Bismuth Citrate) • Tagamet (Ranitidine HCl) </td> <td>24 hours before test</td> </tr> </tbody> </table>	Restrictions	Timeframe	Antibiotics	28 days before test	<ul style="list-style-type: none"> • Bismuth preparations: Peptol Bismol • Gaviscon 	14 days before test	Proton pump inhibitors: <ul style="list-style-type: none"> • Losec (Omeprazole magnesium) • Nexium (Esomeprazole) • Pantoloc (Pantoprazole sodium) • Pariet (Rabeprazole sodium) • Prevacid (Lansoprazole) • Tecta (Pantoprazole magnesium) 	14 days before test	Antacids: Tums, Rolaids	24 hours before test	Histamine H ₂ Receptor Antagonist: <ul style="list-style-type: none"> • Axid (Nizatidine) • Pepcid AC (Famotidine) • Zantac (Cimetidine) • Pylorid (Ranitidine Bismuth Citrate) • Tagamet (Ranitidine HCl) 	24 hours before test
Restrictions	Timeframe												
Antibiotics	28 days before test												
<ul style="list-style-type: none"> • Bismuth preparations: Peptol Bismol • Gaviscon 	14 days before test												
Proton pump inhibitors: <ul style="list-style-type: none"> • Losec (Omeprazole magnesium) • Nexium (Esomeprazole) • Pantoloc (Pantoprazole sodium) • Pariet (Rabeprazole sodium) • Prevacid (Lansoprazole) • Tecta (Pantoprazole magnesium) 	14 days before test												
Antacids: Tums, Rolaids	24 hours before test												
Histamine H ₂ Receptor Antagonist: <ul style="list-style-type: none"> • Axid (Nizatidine) • Pepcid AC (Famotidine) • Zantac (Cimetidine) • Pylorid (Ranitidine Bismuth Citrate) • Tagamet (Ranitidine HCl) 	24 hours before test												
Risks or Cautions	<p>Ingredients:</p> <table border="0"> <tr> <td>13C urea (safe for pregnant women)</td> <td>Sodium citrate</td> </tr> <tr> <td>Citric acid</td> <td>Mannitol</td> </tr> <tr> <td>Orange flavouring</td> <td></td> </tr> </table> <p>Children less than 6 years old:</p> <p>The Urea Breath Test is not recommended for patients less than 6 years of age. An alternate test (H. Pylori Test) is available for this age group.</p>	13C urea (safe for pregnant women)	Sodium citrate	Citric acid	Mannitol	Orange flavouring							
13C urea (safe for pregnant women)	Sodium citrate												
Citric acid	Mannitol												
Orange flavouring													
Collecting the Specimen	<p>The test will take 1 hour to complete. DO NOT eat or drink during this time period. You MUST remain at the laboratory for the duration of the test, which includes:</p> <ul style="list-style-type: none"> • Exhaling (blowing) through a straw into a collection tube • Drinking a solution that contains 13C urea solution • Exhaling (blowing) through a straw into a collection tube 30 minutes later 												
Questions About Your Collection?	<p>Laboratory location, hours and contact information may be found at:</p> <ul style="list-style-type: none"> • www.albertaprecisionlabs.ca • Alberta Precision Laboratories at 1-877-868-6848 • Health Link Alberta at 811 												