

**South Zone Urea Breath Test
(UBT)**

How to prepare	Appointments																
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<ul style="list-style-type: none"> DO NOT eat, chew (including gum or candy), or drink (including water) for at least 4 hours before the test and continue to fast during the 30 minute wait period. DO NOT smoke from beginning of the fast until completion of the test. 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. 																	
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Risks or Cautions	<ul style="list-style-type: none"> You MUST remain at the laboratory for the duration of the test (approx. 1 hour) Discuss prescription drug discontinuation with your physician The following medications should not be used prior to the test: 																
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Children (less than 6 yrs.)	<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 this age group. 																
Collecting the Sample	<ol style="list-style-type: none"> A baseline sample will be collected. A drink will be given which is to be sipped over a 30 second time frame. Patient will then be asked to return to the waiting area for 30 minutes. DO NOT eat or drink during this time period. A second sample will be collected. 																
Questions About Your Collection?	Lethbridge – (403) 388-6057 Medicine Hat – (403) 529-8919																

Contact your local laboratory for hours of service or visit MyHealth.Alberta.ca