

## Contact us

CISSS Bas-Saint-Laurent  
<https://www.cisss-bsl.gouv.qc.ca>

and

CISSS de la Gaspésie  
<https://www.cisss-gaspesie.gouv.qc.ca>

  
**Prévenir**  
**Accompagner**  
**Prendre soin**

Centre intégré  
de santé  
et de services sociaux  
du Bas-Saint-Laurent

Québec 

Status: Approved 2024-12-06  
OPTI-DE-023  
Image source: Pixabay and Innovation-FR

## HELICOBACTER PYLORI TEST

### Urea Breath Test (carbon-13 test)

Clinical Department of Laboratory Medicine

OPTI-DE-023



Your doctor has requested a urea breath test to verify the health of your stomach. Urea breath tests are used to detect the presence of *Helicobacter pylori* in the stomach.

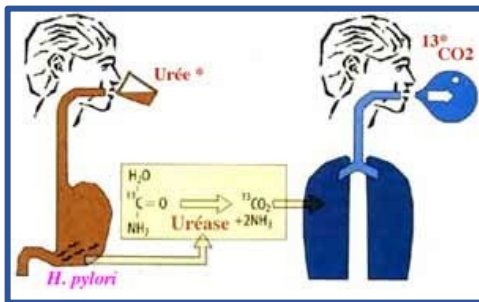
This test is done in hospitals only. It involves collecting breath samples in a special tube, taken just before and 30 minutes after drinking a specific beverage.

The test measures carbon (C<sup>13</sup>) concentration in the samples.

Québec 

## Instructions

- Do not eat or drink for **at least 3 hours**. That includes water.
- Do not take the following medications:
  - ✓ **For at least 24 hours:** Antacids such as Maalox, Gaviscon, Pepcid, Tums, Axid or Tagamet.
  - ✓ **For 14 days:** Proton-pump inhibitors:
    - \* omeprazole (Losec or other brands)
    - \* lansoprazole (Prevacid or other brands)
    - \* esomeprazole (Nexium or Apo-Esomeprazole)
    - \* pantrazole (Pantaloc, Tecta or other brands)
    - \* raberazole (Pariet or other brands)
    - \* dexlansoprazole (Dexilant)
  - ✓ For 4 weeks: Antibiotics or Pepto-Bismol



## Sampling method

### Test duration

The test takes around 45 minutes.

### Test procedure

- 1) You will be given a citric acid-based beverage to drink (it has a lemony taste).
- 2) You will blow through a straw into two tubes designed to collect breath samples.
- 3) You will then be given a second lemony, urea-containing beverage to drink.
- 4) After a 30-minute wait, you will again blow into two tubes with a straw.

**PLEASE NOTE:** You must remain at rest throughout the test. You will not be allowed to eat, drink or smoke.

