

14C-Urea Breath Test

The 14C-urea breath test is a noninvasive procedure for the diagnosis and monitoring of patients with gastric *H. pylori* infection and peptic ulcer disease.

Urea Test Breath Kit can be obtained by calling Client Services at 541-687-2134 or 800-826-3616.

PATIENT SCHEDULING AND COLLECTION PREPARATION

Follow directions in the kit for completing the patient information form and instructing the patient.

- No antibiotics or bismuth-containing medication, such as Pepto-Bismol, within 30 days of test.
- No proton pump inhibitors – Omeprazole (Prilosec), Prevacid and sucralfate (Carafate) – within 14 days of test.
- Nothing by mouth, including water, 6 hours before the test.
- Note if the test is done after antibiotic treatment for *H. pylori*.

COLLECTION PROCEDURE

- Assemble all materials needed prior to the test, including the Urea Breath Kit, a stopwatch and a felt-tip marker.
- Complete the patient information form and label each of the collection balloons with the following:
 - Patient name and date of birth
 - Name of laboratory collecting specimen
 - Name of referring physician
 - Date of study
 - Time of breath specimen (10 or 15 minute specimen)

continued on back

14C-Urea Breath Test (Continued)

TO PERFORM THE 14C-UREA BREATH TEST:

- Have patient sit down during the test.
- Open the package containing the 14C-urea capsule and tip capsule into empty 30 mL cup. **Do not handle the capsule** as this may interfere with test results.
- Fill the second cup with 20 mL lukewarm water.

To Begin the Test

- Have patient tip the capsule directly into his/her mouth and swallow with the 20 mL lukewarm water. Capsule must be swallowed whole. **Instruct patient not to chew the capsule.**
- Start the timer.

3 Minutes

- Have patient drink another 20 mL of lukewarm water to ensure that capsule reaches stomach.

10 Minutes

- Push a drinking straw into the neck of the balloon.
- Have patient hold breath for 5-10 seconds, and then blow up balloon with a single slow breath. Repeat until balloon is completely filled (taut).
- Holding the balloon at the neck, remove straw and tie the neck of the balloon into a double knot.

15 Minutes

- Collect the second balloon sample using the same method.

Post Testing

- Check to ensure proper labeling of all balloons.
- Place labeled balloons and completed patient information form in the 14C-Urea Breath Test Kit box.

Send to PeaceHealth Laboratories via courier system. Specimens received Monday-Saturday before noon will be resultd the same day.