



## Procedure for Urea Breath Test – detection of *Helicobacter pylori*

### PREPARATION

*Check that patient has:*

1. Not received any antibiotics for 4 weeks prior to the test.
2. Not received Sucralfate for 2 weeks prior to the test.
3. Not received Losec, Zoton or Somac for 1 week prior to the test.
4. Not had any food or drink (including no water) AND no brushing teeth, no chewing gum, no smoking for 6 hours (recommended) prior to the test.

### PERFORMING THE TEST

1. Open the PY test kit and take out 2 paper cups and fill these with water.
2. Patient to swallow the capsule with one cup of water.
3. Wait for 3 minutes, and then ask the patient to drink the second cup of water.
4. Wait for 7 minutes and insert straw into balloon in the kit through the slit in the neck of the balloon.
5. After this 7 minute period, ask patient to hold their breath for 10 seconds and then blow into the balloon with one breath.
6. Once the balloon is full, remove the straw and tie a knot in the neck of the balloon.
7. Place the balloon in the box provided and return to the laboratory for analysis.