

Carbon Urea Breath Test

Information for you

Why do I need to have this test?

Your GP may suspect that you are suffering symptoms caused by the bacteria *Helicobacter pylori*. This bacteria can cause some stomach upsets, and getting rid of it can dramatically improve any symptoms you may have been suffering from.

The Carbon Urea Breath Test is our way of checking if:

- your stomach is infected by the *Helicobacter pylori* bacteria
- or if any eradication treatment for the bacteria has been successful.

Where can I get this test done?

The Carbon Urea Breath Test is very simple and can be carried out at our practice by one of our nurses.

The test takes about 20 minutes in total, and most of this time is spent waiting between the two lots of breath samples. If you would like this test done, please make an appointment at reception with the practice nurse.

What should I do before coming along for a Carbon Urea Breath test?

To make sure you get a clear result in the test, please follow these instructions beforehand:

- **Do not** eat or drink anything from midnight the night before your test
- If your test is in the morning **do not** eat breakfast on the morning of the test
- If your test is in the afternoon you may have a light breakfast of tea and toast.
- If you take any of the following medicines, you must stop taking it 14 days before your test date.
 - Omeprazole (Losec)
 - Esomeprazole (Nexium)
 - Lansoprazole (Zoton)
 - Pantoprazole (Protium)

- Rabeprazole (Pariet)
- Ranitidine (Zantac)
- Cimetidine (Tagamet or Dypamet)
- Nizatidine (Axiid)
- Famotidine (Pepcid)

Do not take any antacid medicines for at least one hour before your test, for example medicines such as Rennies, Gaviscon, Setlers, Bisodol

- If you have a stomach upset during this time contact your GP
- During the month before your test date, you must not take any oral antibiotics.

If you are unsure about any of the above, please contact your GP or local pharmacist for more information.

If you have not followed the above instructions on the day of your test, the appointment will have to be rearranged. You can do this by contacting your Health Centre or Medical Practice and speaking with the nurse.

What will happen when I come along for my Carbon Urea Breath test?

We will take samples of your breath by asking you to blow through a straw into a container. This measures the normal levels of Carbon Dioxide in your breath.

We will then ask you to swallow a tablet with a drink of water and after ten minutes we will repeat the above test for more samples of your breath. Once this is complete, the test is finished and the samples are sent away to be analysed.

The amount of Carbon Dioxide in the second set of your samples will be measured against the amount in the first set of samples and the results will be compared.

If there is a significant change in the amount of Carbon Dioxide in the second sample of your breath, this means that the *Helicobacter pylori* bacteria is still present in your stomach.

Will I experience any side effects after the test?

Carbon urea is a harmless, natural substance. Some patients may experience a sour taste in their mouth after the test but most patients who take the test have no problems or side effects at all, but on rare occasions, you may have an upset stomach.

If you have a stomach upset for several days after your test, or if you notice any other symptoms, please contact your doctor.

When will I get the results of the test?

The results of your test should be available two weeks after your appointment/ Please contact the practice, after a fortnight, to find out the result of your test and to see if your doctor feels any further action is needed.

When can I start taking my prescription medicines again?

As soon as the test has been completed, you can start to take your stomach medications again, as prescribed by your GP.

You can also start to eat as normal as soon as the test is finished.

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Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip claidinn no riochd eile a tha sibh airson a thaghadh.

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