

C-Urea Breath Test

Gastroenterology Day Case Unit

Introduction

Your Doctor has advised that you should have a test called a C-Urea Breath Test to look for the presence of *Helicobacter pylori*.

This procedure is undertaken in the Gastroenterology Day Case Unit which is currently in Cannock Chase Hospital. This leaflet tells you why you need the investigation, how to prepare for it and what to expect on the day and immediately afterwards. If you have any remaining concerns or queries when you have read the leaflet, please telephone:

01543 576844 or 01543 576324

Monday – Friday, 9:30am – 5:00pm

If you have any personal access needs or require wheelchair access and wish to talk to a member of staff please call the numbers above.

What is Helicobacter Pylori?

Helicobacter pylori is a bacterium that can be found in the human stomach. It does not usually cause any harm, however, in some people it can lead to inflammation and ulcers in the stomach and duodenum.

Preparation

- Certain medications can affect the result of the test
- It is important that you do not take any **antibiotics** in the **4 weeks** prior to your test
- You also need to avoid the following antacid drugs for at least **2 weeks** prior to the procedure
- **Lansoprazole, Esomeprazole, Omeprazole, Rabeprazole, Pantoprazole, Cimetidine, Ranitidine**
- If you are taking any of these medications please contact us on the number above so that we can advise you appropriately
- Please have nothing to eat or drink for 6 hours before your test.

What does the test involve?

You will be invited to come to the Gastroenterology Day Case Unit for your breath test.

The test starts with the collection of the baseline breath samples. You will be asked to breathe gently through the straw into 2 blue-capped breath sample containers.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

You will then be asked to swallow a small tablet with half a glass of water.

After 10 minutes the tablet will have dissolved and then you will be asked to breathe into the red-capped breath sample containers.

Your samples will be sent away to a qualified laboratory where they will analyse the samples of breath and report the presence or absence of *Helicobacter pylori*.

Are there alternatives?

Blood tests and stool tests are alternative non-invasive tests but both of these tests are less reliable in the detection of *Helicobacter pylori*, especially after eradication treatment.

What is eradication treatment?

Eradication treatment is a medication treatment of *H. pylori* which usually involves a triple-therapy regimen (3 medications) comprising of a proton pump inhibitor (usually Lansoprazole or Omeprazole) and 2 antibacterials (Clarithromycin and Amoxicillin, or in cases of Penicillin allergy, Metronidazole).

Are there any side effects that I need to be aware of?

Urea is a harmless, naturally occurring substance in the body. It is unlikely that the urea substance will cause any side effects. Some patients have occasionally mentioned having a sour taste in the mouth. Stomach cramps, fatigue and distortion of sense of smell have also been reported by some patients.

How will I get the results?

The results will be sent to the hospital doctor in charge of your care. The doctor will then inform you and your GP of the result and advise on any further actions needed.

Additional information from:

Guts UK

The Charity for the Digestive System

3 St Andrews Place

London

NW1 4LB

Tel: 020 7486 0341

email: info@gutscharity.org.uk

<https://gutscharity.org.uk/>

PALS

(Patient Advisory & Liaison Services)

Patient Information Centre

New Cross Hospital

Wolverhampton, WV10 0QP

Telephone: 01902 695362

email: rwh-tr.pals@nhs.net

www.pals.nhs.uk

Open: Monday to Friday - 9am until 5pm

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。