



The Dudley Group  
NHS Foundation Trust

# C13 urea breath test

## Endoscopy Unit

Patient Information Leaflet

## Introduction

You have been referred by your general practitioner (GP) or your hospital consultant for a C13 urea breath test.

This test is used to check if you have a bacteria in the stomach called *Helicobacter pylori* (*H. pylori*). *H. pylori* is known to cause unpleasant symptoms such as heartburn, nausea and tummy pain, it may also cause stomach ulcers.

## Why do I need this test?

It is possible that your symptoms are caused by *H. pylori*, so your consultant has asked for this test to check:

- Whether you have this bacteria.
- Whether antibiotic treatment already given for this infection has been successful.

## How do we test for *H. pylori*?

There are four ways to test for *H. pylori*:

1. Blood test – this is only if you have never had a *H. pylori* infection before.
2. Endoscopy – this is where a camera is put down the throat and into the stomach. While inside the stomach, tiny tissue samples are taken from the stomach lining. These samples are examined using a rapid urease test called a CLO test.
3. C13 urea breath test.
4. Stool sample.

## Preparing for your test

Before we can perform the test, you need to:

1. Call the department on 01384 456111 (ext 2113) if you have taken any antibiotics in the last four weeks.
2. Stop any antacid tablets eg Omeprazole (Losec), Lansoprazole (Zoton), Pantoprazole (Protium), Rabeprazole (Parriet), Esomeprazole (Nexium) for two weeks before the test.

3. Have nil by mouth (no food or drink) for six hours before the test.

**If you do not follow the preparation, the test results will not be accurate, and we will have to rearrange your test.**

## What will the test involve?

- You will be greeted by a member of staff and taken into a clinic room. You will be asked some simple health questions before we start the test.
- You will then be asked to blow through a straw into two test tubes.
- After these breath samples are taken, you will be given two drinks. The first will be 1g citric acid in 200ml water, and the second will be the test meal of urea powder in water.
- After having these drinks, you will be asked to wait for 30 minutes. You cannot have anything to eat or drink whilst you are waiting.
- After 30 minutes, you will blow into another two test tubes and then that is the end of the test. You can eat and drink as normal following the test and can resume taking any medication (if you had to stop any). There are no known side effects to this test.

## What happens next?

The breath samples will be sent to a laboratory off-site for analysis and the results will be sent to your referring doctor.

- If the result is positive for *H. pylori*, your doctor will prescribe a course of antibiotics.
- If the result is negative for *H. pylori*, your doctor will write to inform you of the results.

## Any questions?

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The Endoscopy Unit on 01384 456111 ext. 2113

**This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/services-and-wards/gastroenterology/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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