

HELICOBACTER PYLORI PATIENT INFORMATION

The C Urea Breath Test (C UBT) is a test to detect the presence of Helicobacter pylori.

Instructions for test:

- Patients should be **fasting from 12 midnight** the night before the test.
- Patients should be off **all antibiotics for 28 days** prior to test and **all acid suppressing tablets for at least one week** prior to the test. Alginates such as Maalox or Gaviscon are permissible.

The results of the test will be sent directly to your referring doctor.

If you are positive for the bacteria your doctor will prescribe a course of antibiotics and acid reducing tablets for Helicobacter eradication. These tablets should be taken exactly as your G.P. tells you.

It is strongly recommended that you have a repeat breath test 4-6 weeks after finishing your treatment. This is to check that it worked and the bacteria is gone.

PATIENTS HAVING REPEAT BREATH TESTS

If you have received a course of treatment for eradication of the bacteria (H.pylori) you must have finished the medication **at least 28 days** before having a repeat breath test to check that the bacteria has been successfully treated. The results will be sent directly to your G.P. This normally takes one week.