



VALLEY MEDICAL LABORATORIES

UREA BREATH TEST:

PATIENT INFORMATION AND MEDICATION RECOMMENDATIONS

NOTE: This test is not recommended for patients less than 6 years of age.

Have you been treated for H Pylori in the past 6 weeks?	If yes, you must wait 6 weeks after treatment before having the test.
Do you have an allergy to citric acid?	If yes, we cannot perform the UBT. (Patient should contact the ordering doctor.)
Have you been on any antibiotics or stomach medications in the past 30 days?	If yes, check the table below for recommendations
Is an appointment with the lab required?	Yes, for Kelowna patients only. Call 250-763-4813 (If there is a risk of a bleeding ulcer, the ordering physician should contact us to book immediately.)
Is fasting required?	Yes, no food, water, gum, candy or smoking for 4 hours prior to testing
What should the patient bring to the lab?	Care Card and Requisition
How long will the patient be at the lab?	About 45 minutes

Medication Class	Generic Name (Trade Name)	Recommendation
		If the patient feels they cannot go off their medications for the recommended length of time, they should contact the ordering doctor for consultation.
Antibiotics	Amoxicillin (Amoxil) Clarithromycin (Biaxin) Doxycycline (Vibramycin, Periostat) Erythromycin (Eryc) Metronidazole (Flagyl) Tetracycline All Classes except: <ul style="list-style-type: none"> • Vancomycin (Vancocin) • Nalidixic Acid (NegGram) • Trimethoprim (Proloprim) 	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Stop medication 30 days prior to test </div> <p>(If the patient needs to go onto antibiotics prior to the appointment time they should advise us to reschedule.)</p>
Cytoprotectives	Bismuth Salts (Pepto Bismol) Kaopectate	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Stop medication 14 days prior to test </div>
Proton Pump Inhibitors (alone or in combination with other drugs)	Dexlansoprazole (Dexilant) Esomeprazole (Nexium) Esomeprazole/Naproxen (Vimovo) Lansoprazole (Prevacid) Misoprostol /Diclofenac (Arthrotec) Omeprazole (Losec) Pantoprazole (Tecta, Pantoloc) Rabeprazole (Pariet)	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Stop medication 7 days prior to test </div>
H2 Receptor Antagonists	Cimetidine (Tagamet) Famotidine (Pepcid) Nizatidine (Axid) Ranitidine (Zantac)	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Stop medication 1 day prior to test </div>
Antacids	All products, e.g.: Alka-Seltzer, Diovol, Eno Antacid, Gaviscon, Maalox. Milk of Magnesia, Rolaids, Tums	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Stop medication 1 day prior to test </div>