



C-14 BREATH TEST

Read these instructions at 4 weeks before you come for your procedure.

WHAT IS HELICOBACTER PYLORI?

Helicobacter pylori is a bacteria which lives only in the lining of the stomach. Helicobacter pylori is almost always present in patients with gastritis (inflammation of the stomach), most stomach ulcers, and almost all duodenal ulcers.

HOW IS THE INFECTION DIAGNOSED?

There are several very accurate ways to determine the presence of H. pylori.

1. Blood tests can be used to determine the presence of antibodies to the bacteria. These tests tell if a person has ever had the infection but do not tell if the infection is active.
2. During an examination of the stomach with a flexible scope, a tiny pinch (biopsy) of the stomach lining can be obtained.
3. The C-14 Breath test can determine the presence of H. pylori without use of a scope. It is safe, accurate, easy to perform, and less expensive.

HOW DO I PREPARE FOR THIS TEST?

- **Do not take antibiotics or Pepto Bismol within one month of the test.**
- **You must not eat or drink for at least six hours before your test.**
- If you are taking Prilosec, Prevacid, Aciphex, Protonix, Nexium, or Carafate, please **do not take it for one week prior to your test.** You may choose to take other acid lowering treatments such as Zantac or Tagamet, if necessary.
- Although the radiation dose is extremely small, the test has not been sufficiently tested in children or pregnant women. If there is a possibility that you may be pregnant, you may not wish to have this test unless you have had a negative pregnancy test.
- **Arrive at the hospital one hour before your appointment** to allow for parking and registration in our department.
- Please limit the number of people you bring with you to our waiting room.
- **Bring a list of current medications and medication allergies with you.**

REGISTRATION

- When you arrive at the hospital walk through the main entrance and ask the hospital receptionist to direct you to the Digestive Health Center.
- Enter our waiting room and check-in at the reception desk.
- After check-in you will be called to register.
- After registration, you will be called to the procedure area.

HOW DO I TAKE THIS TEST?

- A nurse will explain the test to you. Ask them any questions you might have.
- The test will take approximately ten minutes.
- You will be instructed to swallow the PYtest capsule with a small amount of water and then blow into a balloon in a timed sequence. The PYtest capsule contains sugar beads coated with

very small amounts of a chemical called urea. The urea has been 'labeled' with a naturally occurring radioactive tracer called Carbon-14 so it can be detected after it is taken into the body. If the ¹⁴C-urea comes into contact with H. pylori bacteria, it is immediately broken down into ¹⁴C-carbon dioxide and ammonia. The carbon dioxide enters the bloodstream and is filtered out by the lungs, where it is exhaled by the patient. Ten minutes after ingesting the capsule, a breath sample is collected in a balloon and analyzed.

WHAT HAPPENS AFTER THE EXAM?

- You may resume your acid medication and eat immediately after the test.
- Results should be available within seven days of completing the test. **Please contact the physician who ordered your procedure to obtain test results as it relates to your plan of care.**
- There have been no reported adverse reactions to the PYtest Capsule. Although the PYtest does contain a tiny amount of radiation (much less than a chest x-ray).
- If you have questions about the test, please call **(434) 924-9957**.
- If you need to cancel or reschedule the test, please call **(434) 924-9999**.
- If you are out of the area, you may use 1-800-251-3627 and ask the operator to connect you to any of the above numbers.

The Digestive Health Center of Excellence is nationally recognized for diagnosis and treatment of gastrointestinal diseases. As our patient, you will receive the best possible care by caring physicians and health care professionals.