

Urea Breath Test for H. pylori

The H. pylori test kit contains:

- PY test capsule
- Two 30ml disposable cups
- One drinking straw
- One mylar collection balloon
- One report form
- One mailing box with labels

Other materials needed:

- Stopwatch or timer capable of timing up to 10-minutes
- 40ml of water

Procedural notes:

- The patient must fast for 6 hours prior to the test.
- The patient should be off antibiotics and bismuth for 1 month prior to the test.
- The patient should be off proton pump inhibitors and sucralfate for 2 weeks prior to the test.
- The patient should sit at rest while doing the test.
- The capsule should not be handled directly, as this may interfere with results.
- The capsule should be swallowed intact, not chewed.

Test Procedure:

Before the test	<ol style="list-style-type: none"> 1. Label balloon and fill in breath test report form. 2. Check that all materials are present.
Minus 1 minute	<ol style="list-style-type: none"> 1. Open the package containing the ¹⁴C-urea capsule and tip the capsule into the empty 30ml cup. Do NOT handle the capsule directly.
	<ol style="list-style-type: none"> 2. Fill the second cup with 20ml of water.
0 minute	<ol style="list-style-type: none"> 1. Tip the capsule directly into the mouth, and swallow it with the 20ml of lukewarm water.
	<ol style="list-style-type: none"> 2. Start the stopwatch when the capsule is swallowed.
3 minutes	Drink another 20ml lukewarm water.
10 minutes	<ol style="list-style-type: none"> 1. Push a drinking straw into the neck of the balloon.
	<ol style="list-style-type: none"> 2. Hold breath for 5-10 seconds, then blow up balloon with a slow breath through the straw, filling the balloon completely.
	<ol style="list-style-type: none"> 3. Tie the neck of the balloon into a tight knot.
	<ol style="list-style-type: none"> 4. Check that the balloon label and the breath test report form are completed correctly.
After the test	Place the filled balloon and breath test report in the box and mail to Commonwealth Laboratories, Inc.