

Helicobacter pylori breath test

NO BOOKING REQUIRED



Our collection centres experience peak times in the morning. Some patients have urgent or time-sensitive tests, so patients are not always seen in order of arrival. You may prefer to attend later in the day for your test.



Scan for locations

Before the test

- See below for a list of medications that may affect test results. These medications should be avoided for the exclusion period prior to the test. Please speak to your doctor if you have any concerns.
- Fasting is required for **at least four hours** before the test.
- This means no liquids (including water) or food, including tea, coffee, juice, milk, chewing gum or cough lozenges, as these can affect your results.

Exclusion Period	Type of Medication
4 weeks prior to test	Antibiotics
2 weeks prior to test	Sucralfate
1 week prior to test	Proton pump inhibitors
Fasting period	No food, drink (including water), or any medications

At the collection centre

- You will be asked to swallow a capsule containing a small amount of urea with 20mls of water. Please let our staff know if you have difficulty swallowing capsules.
- After waiting three minutes, you will be asked to swallow a second cup of 20mls of water.
- You will then wait a further 7 minutes before exhaling into a balloon.
- The balloon is then sent to the laboratory for analysis.

***Please stay seated for the duration of the test**

Disclaimer: This publication is for general education and informational purposes. Contact a qualified healthcare professional for any medical advice needed.
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