How to Prepare for Your Urea Breath Test

IMPORTANT - Please read these instructions at least 2 weeks before your appointment. Only follow these instructions if you have received them from your physician or the Loyola GI Lab.

PLEASE TRY TO KEEP YOUR SCHEDULED APPOINTMENT
If you must cancel or reschedule your appointment, please call 708-216-0464 with at least SEVEN DAYS notice so another patient can be offered the time slot.

Follow all of the instructions in this handout EXACTLY as they are written. If you do NOT follow the directions, your test will need to be rescheduled.

Key instructions:
- Do not take the test sooner than 4 weeks after finishing treatment for H. pylori.
- Several types of medications may need to be stopped starting up to 14 DAYS BEFORE the test. See the medication section below for details.
- Do not eat or drink for one hour before your test
- Do not chew gum or tobacco for one hour before your test
- Do not smoke for one hour before your test

PREPARING FOR YOUR TEST:

Medications

STOP medications used for treating acid reflux following the instructions below:
- These medications should be STOPPED FOR 14 DAYS before the test: Prilosec (omeprazole), Nexium (esomeprazole), Aciphex (rabeprazole), Prevacid (lansoprazole), Protonix (pantoprazole), Zegerid (immediate release omeprazole), and Dexilant (dexlansoprazole).
- These medications should be STOPPED FOR 14 DAYS before the test: medications with BISMUTH, including Pepto-bismol and Kaopectate.
- These medications should be STOPPED FOR TWO DAYS before the test: Zantac (Ranitidine), Tagamet (Cimetidine), Axd (Nizatidine), Pepcid (Famotidine).

AVOID antibiotics for 14 DAYS before the test. If you will be on antibiotics during this time, please call 708-216-0464 to speak to a nurse.

STOP taking probiotics for 14 days before the test. This includes any food that contains probiotics.

continued
The Day Of Your Test

- Do not eat or drink for one hour before your test
- Do not chew gum or tobacco for one hour before your test
- Do not smoke for one hour before your test
- You should arrive to the GI Lab at scheduled appointment time.
- **PLEASE DO NOT BRING ANY VALUABLES WITH YOU ON THE DAY OF YOUR APPOINTMENT. REMOVE ALL JEWELRY AND LEAVE IT AT HOME.**

Questions

If you have any questions about preparing for your test, please call:

- During normal business hours: **708-216-0464**
- After-hours: Physician Answering Service **708-216-8000**, and ask for the GI Fellow on Call