

Instructions for a Carbon-14 Urea Breath Test

Department of Nuclear Medicine & Centre for PET

Name: _____
Appointment
Date: _____ Time: _____

Your doctor would like you to have a **Carbon-14 Urea Breath Test**. This is a simple test to see if you have Helicobacter Pylori, which is a bacteria that can cause gastritis and stomach ulcers.

Please report to the:

**Department of Nuclear Medicine, Austin Hospital
Level 1 of the Harold Stokes Building,
Burgundy Street, Heidelberg**

If cannot attend on the day, please call the Department to make another appointment time.

The phone number is: **03 9496 5718**

Procedure: The test takes approximately 20 minutes. You are to drink a very small amount of a tasteless radioactive liquid, with which there are no side effects, and breathing into a tube to look for the presence of bacteria in your stomach.

Preparation: You are not to have anything to eat and drink for 6 hours (including chewing gum and cough lozenges). If the test is booked in the afternoon you may have breakfast but do not have lunch.

Please let the Nuclear Medicine department know if your appointment is less than 4 weeks after you have finished taking any of these medications:

Antibiotics or bismuth containing drugs, for example:

- Tetracycline
- Clarithromycin
- Metronidazole (Metrozine or Flagyl)
- Nexium HP7
- Klacid HP7
- Amoxicillin (Amozil)
- Bismuth (De-nol)
- Penicillin

These medications may influence the accuracy of the test and it is recommended that the test should not be performed until 28 days after these drugs have been stopped.

Other drugs that are used to treat stomach ulcers can also affect the test. Please stop the following medication for 48 hours before the appointment:

- Cimetidine (Tagamet)
- Omeprazole (Losec, GenRx)
- Esomethazole(Nexium)
- Ranitidine (Zantac)
- Pirenzepine(Gastrozepin)
- Famotidine (Pepcid/Pepcidine)
- Misoprostol (Cytotec)
- Somac (Pantoprazole)
- Pariet (Rabeprazole)
- Acimax (Omeprazole Magnesium)

An important note for women having Nuclear Medicine Scans:

As with any test using radiation, you must contact the Department of Nuclear Medicine before your appointment if:

- **You are or may be pregnant, if you are breast feeding**
- **Please do not bring small children with you**

Further Information

If you have any questions regarding this information, please contact:

Department of Nuclear Medicine

Phone 9496 5718

Produced by:

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