INFORMATION FOR A CARBON 14 UREA BREATH TEST

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

PROCEDURE
- The test takes approximately 20 minutes.
- You will be required to drink a very small amount of a tasteless radioactive liquid, with which there are no side effects, and breathe 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 prior to the test, (this includes no chewing gum and cough lozenges).
- You may use antacids such as Mylanta, Gaviscon and Quickeze, until the fasting period begins.
- If the test is booked in the afternoon you may have breakfast but do not have lunch.

Please check the next page for details of other medications which need to be stopped for the test.

An important note for women having Nuclear Medicine Scans:
As with any test using radiation, you must contact the Department of Molecular Imaging & Therapy before your appointment if:
- You are or may be pregnant, or if you are breast-feeding
- Please do not bring children under the age of 12 with you, due to potential for exposure to radiation.

PLEASE BRING YOUR MEDICARE CARD TO YOUR APPOINTMENT

FURTHER INFORMATION
If you have any questions regarding this information, please contact:
Department of Molecular Imaging & Therapy
Level One Harold Stokes Building
Austin Hospital
Phone 9496 5718
# INFORMATION FOR A CARBON 14 UREA BREATH TEST

<table>
<thead>
<tr>
<th>Medications which need to be stopped for the test.</th>
<th>Other drugs that are used to treat stomach ulcers can also affect the test.</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>Please stop the following medication two weeks (14 days) before the appointment.</td>
</tr>
<tr>
<td>Please contact the department if your appointment is less than 4 weeks after you have finished taking any of these medications.</td>
<td></td>
</tr>
</tbody>
</table>

- **Antibiotics**
- **Bismuth containing drugs** (e.g. De nol)

These medications may influence the accuracy of the test.

It is recommended that the test should not be performed until 28 days after these drugs have been stopped.

- **Proton-Pump Inhibitors**
  - Esomeprazole (Nexium)
  - Lansoprazole (Zopral, Zoton)
  - Omeprazole (Acimax, Losec)
  - Pantoprazole (Salpraz, Somac)
  - Rabeprazole (Pariet)

- **H2 Antagonists**
  - Cimetidine (Magicul, Tagamet)
  - Famotidine (Ausfam, Pamacid, Pepzan, )
  - Nizatidine (Nizac, Tacidine, Tazac)
  - Ranitidine (Ausran, Rani 2, Zantac)

- **Other**
  - Misoprostol (Cytotec)
  - Sucralfate (Carafate, Ulcyte)

If you are not sure if you are currently taking one of these medicines, contact the Department of Molecular Imaging and Therapy, or your pharmacist or doctor.