

PROOF



Manchester University
NHS Foundation Trust

C13 Urea Breath Test

Manchester Royal Infirmary
Division



Introduction

You have been referred by your General Practitioner (GP) or your hospital consultant to our department for a C13 Urea breath test.

This test is used to check if you have a germ in the stomach called *Helicobacter Pylori* (H. Pylori). H. Pylori is known to cause stomach ulcers and can also cause symptoms such as heartburn and pain.

Why do I need this test?

It is possible that your symptoms are caused by H. Pylori, so your consultant has asked for this test to check:

- a) Whether you have this bacteria.
- b) Whether antibiotic treatment already given for this infection has been successful.

How do we test for H. Pylori?

There are 3 ways to test for H. Pylori:

- 1) Blood test – this is only if you have never had H. pylori infection before.
- 2) Endoscopy – this is where a camera is put down the throat and into the stomach. While inside the stomach, tiny tissue samples are taken from the stomach lining. These samples are examined using a rapid urease test called a CLO test.
- 3) C13 Urea Breath Test.

Preparing for your test

Before we can perform the test, you need to:

- 1) Call the department on (0161) 276 4612 if you have taken any antibiotics in the last 4 weeks.
- 2) Stop any antacid tablets e.g. Omeprazole (Losec), Lansoprazole (Zoton), Pantoprazole (Protium), Rabeprazole (Parriet), Esomeprazole (Nexium) for 2 weeks before the test.

- 3) Stop any indigestion remedies e.g. Gaviscon, Rennies, Zantac, Ranitidine, Nizatidine, Pepsid for 2 days (48 hours) before the test.
- 4) Fast (no food or drink) for 6 hours before the test.

If you do not follow the preparation, the test results will not be accurate and we will have to re-arrange your test.

What will the test involve?

- You will be greeted by a member of staff and taken into a clinic room. You will be asked some simple health questions before we start the test.
- You will then be asked to blow through a straw into 2 test tubes.
- After these breath samples are taken, you will be given 2 drinks. The first will be 1g citric acid in 200ml water, the second will be the test meal of urea powder in water.
- After these drinks, you will be asked to wait for 30 minutes. You cannot have anything to eat or drink whilst you are waiting.
- After 30 minutes, you will blow into another 2 test tubes and that is the end of the test.

You can eat and drink as normal following the test and can resume taking any medication (if you had to stop). There are no known side effects to this test.

What happens next?

The breath samples will be sent to a laboratory off-site for analysis and the results will be sent to your referring doctor.

- If the result is positive for H. Pylori, your doctor will prescribe a course of antibiotics.
- If the result is negative for H. Pylori, your doctor will write to inform you of the results.

Any questions?

If you have any questions please contact us using the details below.

Department of Gastroenterology,
Hepatology and GI Investigations
2nd Floor Nowgen Building
Manchester Royal Infirmary
Oxford Road
Manchester M13 9WL
0161 276 4612

You can also read about this test at the following website:
www.nhs.uk/Conditions/Peptic-ulcer/Pages/Diagnosis.aspx

No Smoking Policy

Translation and Interpretation Service

Please protect our patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted in any of our hospital buildings or grounds, except in the dedicated smoking shelters in the grounds of our Hospital site.

It is our policy that family, relatives or friends cannot interpret for patients. Should you require an interpreter ask a member of staff to arrange it for you.

For advice and support on how to give up smoking, go to www.nhs.uk/smokefree.

تنص سياستنا على عدم السماح لافراد عائلة المرضى او اقاربهم او اصدقائهم بالترجمة لهم. اذا احتجت الى مترجم فيرجى ان تطلب ذلك من احد العاملين ليرتب لك ذلك.

بماری یہ پالیسی ہے کہ خاندان ، رشتہ دار اور دوست مریضوں کے لئے ترجمہ نہیں کر سکتے۔ اگر آپ کو مترجم کی ضرورت ہے تو عملے کے کسی رکن سے کہیں کہ وہ آپ کے لئے اس کا بندوبست کر دے۔

ইহা আমাদের নীতি যে, একজন রোগীর জন্য তার পরিবারের সদস্য, আত্মীয় বা কোন বন্ধু অনুবাদক হতে পারবেন না। আপনার একজন অনুবাদকের প্রয়োজন হলে তা একজন কর্মচারীকে জানান অনুবাদকের ব্যবস্থা করার জন্য।

Nasze zasady nie pozwalają na korzystanie z pomocy członków rodzin pacjentów, ich przyjaciół lub ich krewnych jako tłumaczy. Jeśli potrzebują Państwo tłumacza, prosimy o kontakt z członkiem personelu, który zorganizuje go dla Państwa.

Waa nidaamkeena in qoys, qaraaboamasaaxiiboaysanu tarjumikarinbukaanka. Haddiiaad u baahatotarjumaankacodsoxubinka mid ah shaqaalahainaykuusameeyaan.

我们的方针是，家属，亲戚和朋友不能为病人做口译。如果您需要口译员，请叫员工给您安排。



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