

With any medical test it is important that other factors do not interfere with your test result. Please read and follow these instructions carefully.

Preparation

- You must fast for 9 hours before your test, This means no food. You may have plain water only.
- Non-essential medication *must not be taken*. Please refer to the medication guide below.
- If you have been on any antibiotic therapy please ensure four (4) weeks has passed before your appointment.

What to bring

It is essential that you bring with you:

- a list of all current medications and dosages
- a list of the antibiotic therapy and dosages taken as treatment of *Helicobacter Pylori (H. pylori)*
- your Medicare Card
- your Pension or Health Care Card (if you have one)

Medication

The drugs listed below are currently used in association with *H. pylori* eradication. Because these drugs will affect the result of your Urea Breath Test you must stop taking them as indicated before your test.

Eradication Regimes – 4 weeks before

You must *stop taking* the following drugs and all antibiotics or antibacterials, whether taken as part of *H. pylori* eradication therapy or for any other reason, at least four (4) weeks before your test.

Nexium HP7, Klacid HP7

Proton Pump Inhibitors – 7 days before

You must *stop taking* any Proton Pump Inhibitors at least seven (7) days before your test even if they are part of *H. pylori* eradication therapy. Examples include:

Omeprazole (*Losec, Acimax etc*), Lanzaprazole (*Zoton etc*), Pantoprazole (*Somac etc*), Esomeprazole (*Nexium etc*), Rabeprazole (*Pariet etc*)

H2 Receptor Antagonists – 9 hours before

You must *stop taking* any H2 Receptor Antagonists at least nine (9) hours before your test. Examples include:

Cimetidine (*Magicul etc*), Ranitidine (*Zantac etc*), Famotidine (*Pepcid, Pepcidine etc*), Nizatidine (*Tazac etc*)

Antacids – stop when fasting

Antacids, Mylanta and Gaviscon can be taken the day before your test, but not after you have begun to fast.

Appointment details

Please make an appointment at least two days before your test.

To book call SA Pathology on 8222 3000.

Your appointment will take approximately half an hour.

Date _____

Time _____

Patient Centres

For Patient Centre locations and latest opening hours visit our website www.sapathology.sa.gov.au or phone (08) 8222 3000.

Further information

If you have any questions, please call SA Pathology Enquiries on 8222 3000.