

Lady Sobell Gastrointestinal Unit  
Wexham Park Hospital, Slough

## Having a <sup>13</sup>C-Urea Breath Test for the detection of *Helicobacter pylori*

**If you need an interpreter, please contact us as soon as possible so that we can arrange for a qualified person to attend your appointments.**

### What is a <sup>13</sup>C Urea Breath Test?

This is a simple test to look for the presence of *Helicobacter pylori* (a bacterium) in the stomach.

It is very important that you have **not** been taking any of the following drugs in the 2 weeks before your appointment. This is because they interfere with the test.

**Losec (Omeprazole)**

**Nexium (Esomeprazole)**

**Zoton (Lansoprazole)**

**Protium (Pantoprazole)**

**Pariet (Rabeprazole)**

Any **antibiotics** (drugs used to treat infections).

**Drugs containing bismuth**

If you have indigestion, you may take any of the H<sub>2</sub> receptor antagonist group of drugs such as cimetidine and ranitidine but please avoid these on the morning of the test.

### Tests to see if specific treatment has worked

If your test is being carried out to see if your recent treatment with anti-acid drugs and antibiotics have been effective in eradicating the *H.pylori* which was previously diagnosed, it is very important that this appointment takes place **a minimum** of 4 weeks after the end of treatment.

### Preparation

Please have NOTHING to eat or drink for 4 hours before your test.

### What will happen?

You will be welcomed to the Lady Sobell Gastrointestinal Unit at Wexham Park Hospital and asked a few questions to check that it is appropriate to carry out the test.

### The <sup>13</sup>C Urea Breath Test

You will be asked to drink a lemon flavoured drink (please let the staff know if you are allergic to lemon). Samples of breath will be collected through a straw held between your lips. You will then be asked to drink a clear tasteless solution. Further samples of breath will be collected 30 minutes after the second drink.

During the test you will be asked questions about your symptoms.

The test procedure takes 40 minutes and you will be free to go home or go to work straight after the test. You do not need to be accompanied.

### After the test

There should be no after effects of the test.

### Results

Your results will be available one week after the test. Copies of the result will be sent to you and your GP, and will be placed in your hospital records.

### To book your appointment, you can either:

- **take this form** to the Lady Sobell Gastrointestinal Unit (next to Ward 4), Wexham Park Hospital, between 9:30 am and 3.00 pm on weekdays and arrange the appointment directly
- **ring on 01753 634157** between 9:30 am and 3.00 pm on weekdays to book the appointment

Allowing you to make your own appointment enables you to receive a convenient date for you.

Appointments are generally available on Wednesday to Friday between 8:10 and 8:40 am.

If we have **not heard from you within 3 weeks**, we will send an appointment to you in the post.

Appointment date and time .....day  ..... / ..... / 20.....  at ..... am
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**Please bring this form with you** to make your appointment **and** when you come for your test.

### Are there any risks involved?

There are no risks involved.

### Is there an alternative?

Blood and stool tests for antibodies to *H.pylori* are only suitable for testing if the patient has not received eradication treatment. Other tests involve the taking of biopsies at gastroscopy and are less accurate.

### General information

The hospital operates a barrier controlled pay on foot system in its car parks. Details of parking charges can be found on our website:

<https://www.fhft.nhs.uk/your-hospitals/parking-wexham-park/>

### How to find us

Directions from the main entrance: Go past reception and outpatients, then follow the walkway for a few yards until you reach the pharmacy. Turn right and follow the overhead signs for the Pink Zone, and then Ward 4. At the small kink in the corridor, turn right towards Ward 4, and then immediately right again into the Lady Sobell Gastrointestinal Unit.

For a translation of this leaflet or for accessing this information in another format:

**Large  
Print**



Easy to Read



Translation



Audio



Braille

Please contact (PALS) the Patient Advice and Liaison Service on:

**Frimley Park Hospital**

**Telephone:** 01276 526530

**Email:** fhft.palsfrimleypark@nhs.net

**Heatherwood Hospital**

**Telephone:** 01753 633365

**Email:** fhft.palsheatherwood@nhs.net

**Wexham Park Hospital**

**Telephone:** 01753 633365

**Email:** fhft.palswexhampark@nhs.net

<p><b>Frimley Health NHS Foundation Trust Frimley Park Hospital</b> Portsmouth Road Frimley Surrey GU16 7UJ</p> <p><b>Hospital switchboard:</b> 01276 604604 <b>Website:</b> <a href="http://www.fhft.nhs.uk">www.fhft.nhs.uk</a></p>	<p><b>Frimley Health NHS Foundation Trust Heatherwood Hospital</b> London Road Ascot SL5 8AA</p> <p><b>Hospital switchboard:</b> 01344 623333 <b>Website:</b> <a href="http://www.fhft.nhs.uk">www.fhft.nhs.uk</a></p>	<p><b>Frimley Health NHS Foundation Trust Wexham Park Hospital</b> Wexham Slough Berkshire SL2 4HL</p> <p><b>Hospital switchboard:</b> 01753 633000 <b>Website:</b> <a href="http://www.fhft.nhs.uk">www.fhft.nhs.uk</a></p>
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#### Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.

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