

2010476

*Helicobacter pylori* Breath Test, Adult

UBIT

**Specimen Required:** Patient Prep: This test requires the adult patient (>17 years of age) to fast for 1 hour prior to test administration. The patient should not have taken antibiotics, proton pump inhibitors (e.g., Prilosec, Prevacid, Aciphex, Nexium), or bismuth preparations (e.g., Pepto-Bismol) within the previous 14 days. **The effect of histamine 2-receptor antagonists (e.g., Axid, Pepcid, Tagamet, Zantac) may reduce urease activity on urea breath tests and should be discontinued for 24-48 hours before the sample is collected.** When used to monitor treatment, the test should be performed four weeks after cessation of definitive therapy. The patient should be informed that the Pranactin-Citric drink that will be administered contains phenylalanine. Phenylketonurics restrict dietary phenylalanine.

Collect: BreathTek UBT Kit (ARUP Supply #51124 ) available online through eSupply using ARUP Connect™ or contact ARUPClient Services at (800) 522-2787.

Specimen Preparation: 1) Label breath collection bags with patient name, MRN, date and time of collection, and indicate Pre (blue) or Post (pink).

2) Collect the baseline (Pre) breath specimen according to the instructions in the BreathTek UBT kit.

3) After the allotted time, collect the Post breath specimen according to the instructions in the kit.

Storage/Transport Temperature: **CRITICAL ROOM TEMPERATURE. Do not freeze.**

Remarks: **For a valid result, the post breath specimen must be collected between 15 and 30 minutes after the patient drinks the Pranactin-Citric solution.**

Unacceptable Conditions: Underinflated bags. Pediatric specimens

Stability (collection to initiation of testing): Ambient: 1 week; Refrigerated: Unacceptable; Frozen: Unacceptable