



## How to Prepare for Your Urea Breath Test

**IMPORTANT - Please read these instructions at least 2 weeks before your appointment. Only follow these instructions if you have received them from your physician or the Loyola GI Lab.**

### PLEASE TRY TO KEEP YOUR SCHEDULED APPOINTMENT

If you must cancel or reschedule your appointment, please call **708-216-0464** with at least **SEVEN DAYS** notice so another patient can be offered the time slot.

Follow all of the instructions in this handout **EXACTLY** as they are written. If you do **NOT** follow the directions, your test will need to be rescheduled.

#### Key instructions:

- **Do not take the test sooner than 4 weeks after finishing treatment for H. pylori.**
- Several types of medications may need to be stopped starting up to **14 DAYS BEFORE** the test. See the medication section below for details.
- Do not eat or drink for one hour before your test
- Do not chew gum or tobacco for one hour before your test
- Do not smoke for one hour before your test

### PREPARING FOR YOUR TEST:

#### Medications

**STOP** medications used for treating acid reflux following the instructions below:

- These medications should be **STOPPED FOR 14 DAYS** before the test: Prilosec (omeprazole), Nexium (esomeprazole), Aciphex (rabeprazole), Prevacid (lansoprazole), Protonix (pantoprazole), Zegerid (immediate release omeprazole), and Dexilant (dexlansoprazole).
- These medications should be **STOPPED FOR 14 DAYS** before the test: medications with **BISMUTH**, including Pepto-bismol and Kaopectate.
- These medications should be **STOPPED FOR TWO DAYS** before the test: Zantac (Ranitidine), Tagamet (Cimetidine), Axid (Nizatidine), Pepcid (Famotidine).

**AVOID** antibiotics for **14 DAYS** before the test. If you will be on antibiotics during this time, please call **708-216-0464** to speak to a nurse.

**STOP** taking probiotics for 14 days before the test. This includes any food that contains probiotics.

## The Day Of Your Test

- Do not eat or drink for one hour before your test
- Do not chew gum or tobacco for one hour before your test
- Do not smoke for one hour before your test
- You should arrive to the GI Lab at scheduled appointment time.
- **PLEASE DO NOT BRING ANY VALUABLES WITH YOU ON THE DAY OF YOUR APPOINTMENT. REMOVE ALL JEWELRY AND LEAVE IT AT HOME.**

## Questions

If you have any questions about preparing for your test, please call:

- During normal business hours: **708-216-0464**
- After-hours: Physician Answering Service **708-216-8000**, and ask for the GI Fellow on Call

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This information is intended for distribution to individual patients of the Loyola University Health System. It is not intended for general use by the public and should not be used for diagnosing or treating a health problem or disease without consultation of a qualified health care professional.

For more information on health topics and Loyola University Health System services please see our website at [www.loyolamedicine.org](http://www.loyolamedicine.org)

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