



What is a C-Urea Breath Test?

This test provides a non-invasive means of diagnosing a stomach infection of a bacteria called *Helicobacter pylori*. This bacteria has been linked to the formation of ulcers in the stomach and small intestine.

What can I expect from a C-Urea Breath Test?

1. We will take a baseline breath test sample.
2. You will drink a citric drink.
3. Fifteen minutes later, another breath sample is taken and the test is complete. This test lasts less than 30 minutes and is performed in the GI Physiology Laboratory in the Medical Procedure Unit.

How do I prepare for a C-Urea Breath Test?

- **30 Days before** your test:
 - You must be off antibiotics and Pepto-Bismol.
- **7 days before** your test:
 - You must be off all PPI (Proton-Pump Inhibitor) medication like Nexium, Prevacid, Prilosec, Protonix, Aciphex, and Dexilant.
- **3 days before** your test:
 - You must be off all H2 Blocker medication like Tagamet, Pepcid, Axid and Zantac.
- **The day before** your test:
 - You must be off Tums for 24 hours before your test.

- **2 hours before** your test:
 - You should have **nothing by mouth**.
 - **Do not eat, drink, or smoke** until your examination is completed. This includes any type of **gum** or **candy**.

Can I take my medicine before a C-Urea Breath Test?

Critical medicines, such as those for your heart, blood pressure, breathing, or seizures, should be taken with sips of water on the morning of the procedure. Non-critical medicines, including over-the-counter medicines and supplements should not be taken, unless your doctor or nurse has advised you otherwise.

If you are unable to keep your appointment, please call the Medical Procedures Unit at (734) 936-9250,

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 01/2019