

Nuclear Medicine H-Pylori Breath Test
Pre-exam Information and Instructions

Thank you for choosing Yale New Haven Hospital

We are looking forward to providing you with exceptional care.

Helicobacter pylori (H. pylori) infection occurs when a type of bacteria called Helicobacter pylori (H. pylori) infects your stomach. A common cause of peptic ulcers, H. pylori infection may be present in more than half the people in the world.

Most people don't realize they have H. pylori infection, because they never get sick from it. If you develop signs and symptoms of a peptic ulcer

For the H. Pylori Breath test you swallow a pill that contains tagged carbon molecules. If you have an H. pylori infection, carbon is released when the solution is broken down in your stomach.

Your body absorbs the carbon and expels it when you exhale. We will have you exhale into a balloon. The balloon will be sent out to a lab that uses a special device to detect the carbon molecules. (It may take up to 10 days to receive the results).

Yale New Haven Hospital Preparation for this Exam:

Before Arriving for Your Exam

- Please arrive **15 minutes** early to check in.
- Children accompanying patients during visits:
- Please do not eat or drink for 4 hours prior to your exam.
 - Unfortunately, we cannot routinely supervise your children during your imaging study. We believe that you are best served when we can provide 100% of our attention to you. Therefore, we encourage you to make childcare arrangements or to bring a responsible adult with you to supervise your children.
- Please do not eat or drink for 6 hours prior to your exam.
- Four weeks before the test, do not take any of the following medications:
Antibiotics or Pepto Bismol (oral bismuth subsalicylate).
- Two weeks before the test, do not take any of these medications:
Prescription or over-the-counter proton pump inhibitors, Prilosec [omeprazole], Prevacid [lansoprazole], Protonix [pantoprazole], Aciphex [rabeprazole] or Nexium [esomeprazole], Dexilant [dexlansoprazole].

After Arriving

- Upon arrival, a technologist will explain your procedure and answer any questions you may have.
- ATTENTION Females (ages 10 to 55)
To ensure Radiation Safety, the following is YNHH Policy on pregnancy test for this Radiology exam.
 - PARENTS: To ensure Radiation Safety, YNHH Policy requires that a pregnancy test is performed on all females (ages 10 to 17) prior to the start of the exam that is scheduled.
 - Females (ages 18 to 55) may either sign a waiver stating that there is no chance that you could currently be pregnant, or have the choice to take a pregnancy test prior to the exam

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During Your Exam

- During the test, you swallow a C-14 urea pill. Urea is a waste product the body produces as it breaks down protein. The urea used in the test has been made harmlessly radioactive.
- If H pylori are present, the bacteria convert the urea into carbon dioxide, which is detected and recorded in your exhaled breath after 10 minutes.
- 10 mins after swallowing the pill you will be asked to take a big breath and hold it for 10 seconds, then blow through a straw to fill up a small Mylar test collection balloon.
- The balloon is sent to a testing lab, we receive the result in about 7 days.
- This test can identify almost all people who have H pylori.

Exam Duration

- Test takes about 15 to 20 minutes

After Your Exam

- There are no restrictions placed on you after this procedure. You may eat and drive as normal.
- Your exam will be interpreted by a Radiologist (a doctor who is an expert in understanding these exams). A report will be sent to your provider, who can review the results with you.

***Yale New Haven Hospital thanks you for
choosing us to be part of your healthcare team.***