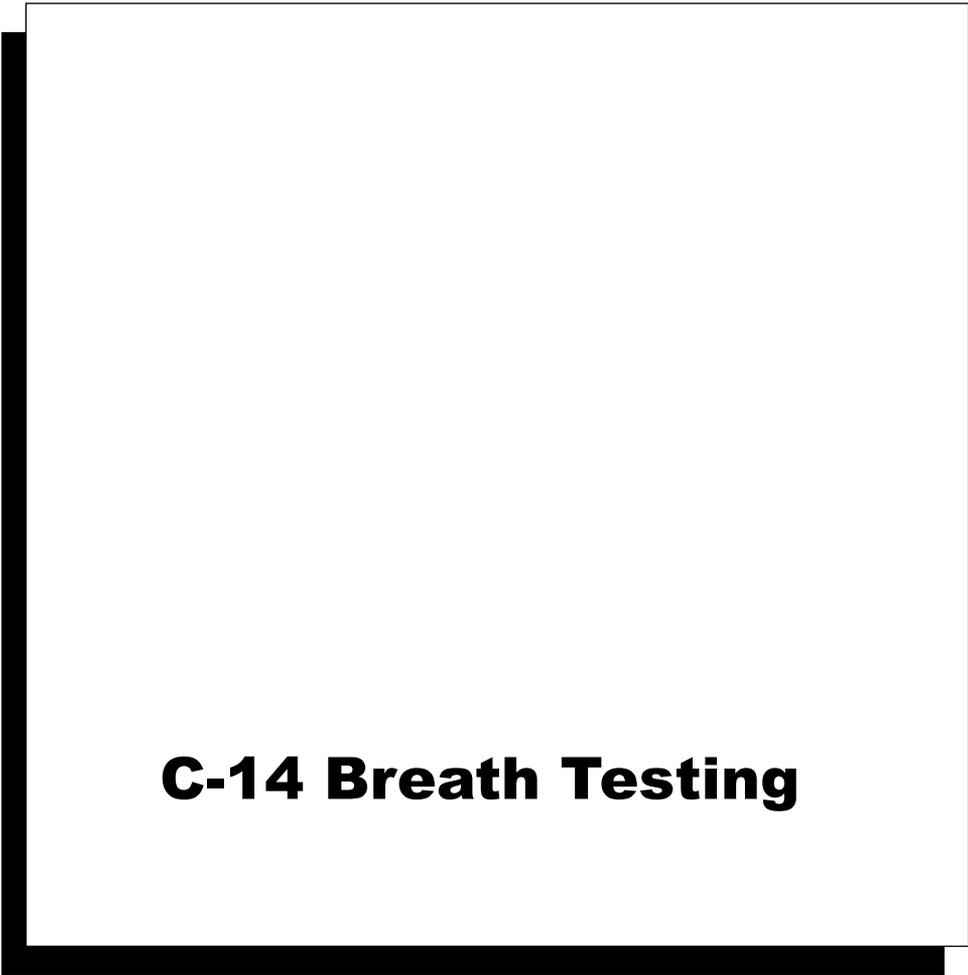




GUIDE



C-14 Breath Testing



The Ottawa Hospital | L'Hôpital
d'Ottawa



Disclaimer

This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified healthcare provider. Please consult your healthcare provider who will be able to determine the appropriateness of the information for your specific situation.

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C-14 Urea Breath Test

Your doctor has requested a C-14 urea breath test. This booklet will answer some of the questions you may have.

What is a C-14 urea breath test?

This is a simple and painless way of detecting the presence of bacteria called *Helicobacter pylori*. in your stomach. Excessive amounts of these bacteria in your stomach can sometimes cause pain and other stomach problems.

Do I need to prepare for the scan?

- You **must be fasting** from midnight the day of the test.
- No smoking from midnight the day of the test.

After consulting with your physician:

Medications to be stopped/ finished for 4 weeks before the test:

- All antibiotics
- All stomach medications (except the ones named below)

Medications to be stopped for 24 hours before the test:

- Tums, Gaviscon, Roloids and Maalox

If you have any questions regarding the test or if you need to change your appointment (48 hours notice would be appreciated), please call us at **613-761-4831 ext. 8**. If you have questions about the bacteria or your medical condition, please call your physician as he or she knows you best.

What is involved?

When you arrive in the Nuclear Medicine department, a technologist will explain the test in full detail to you and answer any questions that you may have. You will then be asked you to swallow a capsule containing a small amount of radioactive carbon-14. The amount of radioactivity is very small, no more than the average person receives each day from background radiation. There will be no adverse reaction to the medication.

After 10 minutes wait to allow the capsule to fully dissolve in your stomach, you will be asked to exhale into a balloon. This is the breath sample which will be used to detect the bacteria. The technologist will use special equipment to determine the amount of radioactivity present in your breath. This will help the nuclear medicine specialist to determine if you have too much bacteria in your stomach. You may now return home and resume normal activities. The results will be sent directly to your physician.

Will it hurt?

This test is completely painless and you will not experience any side effects.

Is the radiation dangerous?

The amount of radioactivity used for this test is very small and will disappear by itself soon after the scan is finished. Most of the radioactivity disappears within one day.

Do I need to do anything after the scan?

No special precautions are needed after the scan.

What happens to the results of the scan?

A specially trained doctor will examine the results of your test. This is normally done soon after the breath sample is analyzed. A report is then sent to the doctor who asked us to do the scan. Your doctor will normally receive the report within one week.

Is there anything I should tell the staff before the scan?

Yes, if you are pregnant or think you may be pregnant, please telephone us to let us know. Also, please telephone us if you are breast-feeding.

What if I have more questions?

We want your visit to be as pleasant as possible. If you have any questions, please ask the staff in the nuclear medicine department. You can telephone before the day of your test, or ask before the scan starts. Our telephone number is **613-761-4831 ext. 8.**

