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**Hunterdon Medical Center Laboratory**  
**Procedure for BreathTek for *Helicobacter Pylori* Testing**

The BreathTek for *Helicobacter Pylori* (UBT Kit) is useful in the initial diagnosis of active *H pylori* infection or for monitoring response to therapy in adults, and pediatrics patients 3 to 17 years old.

**Allergies**

The following ingredients are in the BreathTek breath test: **Pranactin-Citric, which contains mannitol, Phenylalanine, and Aspartame.**

*Any patient with hypersensitivity to these ingredients should avoid taking this test and inform their ordering physician*

**Verify insurance coverage prior to making an appointment by calling your insurance company.**  
**Schedule an appointment: 908-237-5529**

**BreathTek Testing Appointments: Monday through Friday 8:30 am – 2 p.m.**

Testing is performed, by appointment only, at all HMC Laboratory Outpatient Collection Sites:

- Hunterdon Doctor's Office Building
- Bridgewater Medical Arts Building
- Clinton Health Campus
- Hawk Pointe Medical Office Building

**PATIENT PREPARATION: Prior to testing**

1. Patients should not have taken bismuth/Tritec, antibiotics, proton-pump inhibitors (e.g., Prilosec, Prevacid, Aciphex, Protonix, and Nexium) or Pepto-Bismol for **2 weeks** prior to testing. If these instructions are not followed, test results may be inaccurate.
2. Histamine 2-receptor antagonists (H[2]RAs) such as Pepcid, Tagamet, Axid, or Zantac should be discontinued for **24 to 48 hours** before the BreathTek UBT test is administered. If these instructions are not followed, test results may be inaccurate.
3. Carafate (sucralfate) does not interfere with the test. Use of antacids does not affect the accuracy of this assay.

**PATIENT PREPARATION: Day of testing**

1. This test can take approximately 30 – 40 minutes to administer, plan accordingly.
2. ***The patient should not have any food or drink*** at least 1 hour before administering the BreathTek UBT.

3. ***The patient must have*** the doctor's order, medical insurance card, photo ID and any paperwork from your insurance company including any referral paperwork from the ordering physician.