

FAMILY AND SPECIALTY MEDICINE

SPECIALTY DEPARTMENT

H. Pylori Testing

Polyclinic Specialty Department performs the C-13 urea breath test at its on-site lab for the accurate detection of *H. Pylori* infection. The urea breath test is non-invasive, non radioactive, highly accurate and convenient breath test kit for the diagnosis of *H. Pylori*. Detecting and treating H. Pylori infection is very important as untreated infections can lead to stomach ulcers and possibly gastric cancer.

H. Pylori testing is available during the week and on Saturday by prior appointment. The cost of such testing will be slightly less than that provided at off-site laboratories and will be \$90.00 including HST per test, this includes the off-site analysis.

Description of Test

This is a simple breath test to detect the bacteria helicobacter pylori that takes about 40-60 minutes to complete. First you will be asked to exhale through a straw into a small collection container. Next you will drink a small container of solution. After 30 minutes you will blow a breath of air through a straw into a second container.

Warnings and Precautions

- 1. There is also a contra-indication for patients with **Phenylketonuria** (**PKU**) and restricted dietary **phenylalanine**.
- 2. If you have been treated for H Pylori infection, treatment must be completed at least 4 weeks prior to the test otherwise the test may give false-negative results.
- 3. You must discontinue the following medications for the specified time periods prior to the test otherwise the test may give you false negative results:
 - Antibiotics (4 weeks prior to the test)
 - Zantac and Pepcid (1 day prior to the test)
 - Proton Pump Inhibitors such as Tecta, Prevacid, Pariet, Pantaloc, Losec, Dexilant, Nexium (3 days prior to the test)
 - Bismuth Preparations such as Pepto Bismol (2 weeks prior to the test)
- 4. Patients must fast for 6 hours prior to the test.

Appointment Instructions:

- Must bring a VALID HEALTH CARD. If Invalid or expired uninsured visit charge(s) will apply. Must bring a translator if the patient cannot speak English
- Patients who wish to RESCHEDULE or CANCEL their appointment must do so at least 48 business hours in advance to avoid a NO-SHOW fee of \$113.

To book an appointment patient may contact the Polyclinic at 416-222-6160 extension 294 or fax the referral to 416-645-1978.