



STANDARD OPERATING PROCEDURE

Management of Helicobacter Pylori

C13 Urea Breath Test (C13 UBT)

Service Commencement Date: 1st July 2014
Contract Term: 1 year

Produced by: THE PILLBOX & CASE CO LTD
Pickford house
18/20 High View Close
Vantage Park
Hamilton
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Summary of Helicobacter pylori breath test Procedure

Pre-dose breath samples taken in duplicate

Patient takes the ¹³C-urea tablet and waits 10 minutes

Post dose breath samples taken in duplicate

1. Check that the patient is over 18 years of age.
2. Check that the patient can swallow tablets. If not refer the patient back to the GP.
3. Certain medicines taken before the test may lead to false negative results. Patients should be counselled to avoid taking their PPI for two weeks prior to the test. The test should not be performed:
 - within 28 days of an antibacterial drug
 - within 14 days of a PPI.

In the event that the Patients' symptoms worsen on stopping their prescribed medication, they may be advised to take a **SIMPLE ANTACID** such as **GAVISCON** until 24 hours before the test.

4. Ideally the patient should have fasted overnight i.e. no breakfast on the day of the test and advised to attend for testing first thing in the morning. The patient should not have eaten for at least 6 hours before the test is performed.
5. The timing of post dose breath samples needs to be accurate- the manufacturers of Diabact UBT advise that they are collected 10 minutes after ingestion of the ¹³C-Urea tablet.
6. The two pre-dose and two post-dose samples are returned to the laboratory for analysis as per the method detailed in the Diabact UBT kit.
7. Complete the procedure & reporting forms:
 - HP1 – Procedure Form
 - HP2 – Pharmacy Record Summary
 - HP3 – Communication Document to GP
 - HP4 - Patient Record

TEST PROCEDURE

1. Begin the procedure by blowing into the two **empty** “00 minutes” tubes (BLUE LID)
 - a) Unscrew the stopper
 - b) Unwrap the straw and place it in the bottom of the tube
 - c) Blow into the tube until the inside of the sample tube **steams up**
 - d) Continue to breath through the straw while removing it from the tube and immediately seal the tube with the stopper.
 - e) Repeat for 2nd tube
2. Swallow the tablet with a glass of water and ***wait 10 minutes***
3. Blow into the two empty “10 minutes” tubes (RED LID)
 - a) Unscrew the stopper
 - b) Unwrap the straw and place it in the bottom of the tube
 - c) Blow into the tube until the inside of the sample tube **steams up**
 - d) Continue to breath through the straw while removing it from the tube and immediately seal the tube with the stopper
 - e) Repeat for 2nd tube
4. Place the four tubes into the box
5. Enter details into leaflet entitled “Patient details for breath analysis”
6. Attach the barcode label to the leaflet
7. Close the white box with the leaflet inside and attach security sticker.
8. Place inside blue box.
9. Attach address label and pharmacy stamp

