

# Urea Breath Test

**Your doctor has requested a Urea Breath test. This test involves the collection and analysis of exhaled air. This test is only performed at selected collection centres. Please phone your nearest TML Pathology collection centre to arrange an appointment.**

- You should fast (no food or liquids including water) for a minimum of six hours before the test
- The test can be performed at any time of the day, and will take approximately 10 - 15 minutes
- You will be required to swallow a capsule containing urea (carbon 14) on commencement of the test
- At the conclusion of the test you will be asked to blow into a special breathe collection balloon which is sent to the laboratory for analysis
- No restrictions to physical activity before or during the test
- No smoking or eating during the test

**This test should not be performed on children and pregnant or lactating women** (please speak with your medical practitioner).

## Medication restrictions include:

- No antibiotics for four weeks prior to test
- No Losec, Zoton, or Somac for one week prior to test
- No Cytoprotectives (sucralfate) for two weeks prior to test
- For a full list of medication restrictions, please see our collection staff
- Your doctor must be notified prior to temporarily stopping any medications.



**Staff and patients need to work and be cared for in a safe environment. Violence and verbal abuse will not be tolerated.**

**FOR COLLECTION CENTRES &  
OPENING HRS: [TMLPATH.COM.AU](http://TMLPATH.COM.AU)**