

## Urea Breath Test for H. Pylori Patient Prep:

- Nothing in mouth 1 hour prior; no smoking, gum, mints, etc.
- The patients should have no food or drink for at least 1 hour before the test.
- The patient should not have taken antimicrobials, proton pump inhibitors (PPI's) or bismuth preparations for 2 weeks.
- Remind the patient that Pranactin Citric (mixture patient has to drink) contains phenylalanine (one of the protein components of Aspartame). Phenylketonurics restrict dietary phenylalanine. **Advise patient not to have anything containing Aspartame the day before the Breath Test.**