

# 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
- 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.
- No restrictions to physical activity before or during the test.
- No smoking or eating during the test
- The test can be performed on children, however, please note weight on the request form
- This test cannot be performed on pregnant or lactating women

For more information please contact your local laboratory: Launceston (03) 6711 2000, Hobart (03) 6108 9900

[tmlpath.com.au](http://tmlpath.com.au)