



Preparation for C 13 urea breath test (*Helicobacter Pylori*)

You are scheduled for medical breath test. On an empty stomach, your exhaled air is measured before and after taking a special test-substance (in liquid form).

In your own interest good preparation is therefore very important.

Notice!:

No antibiotic therapy within the last 6 weeks. If possible no proton pumps (e.g. omeprazol, pantozol..) within last 3-5 days.

Preparation the day before the examination:

- **Please do not eat anything after 05:00 p.m. (stay fast until the next day)!!**
- Drinking is possible only until 8:00 p.m. (water)
- Please avoid the following foods: milk, yoghurt, fruit, juices, sweetened food and dishes, pizza, pasta muesli, legumes, heavy meals or flatulent food, fried food, salads.
- Preference is given to: rice, white bread, eggs, not too spicy Meat, stewed low-fat fish, clear broth.

Preparation on the day of the examination:

- Completely empty stomach (i.e. don't eat or drink anything), don't take your daily medicine, **don't smoke**, don't brush teeth, don't use mouthwash, no chewing gum, don't eat any candy (bonbon etc.).

Examination duration: about 45 minutes