

Step 3:

Returning The Samples To The Laboratory

Samples must be returned to Genova Diagnostics by overnight delivery to arrive next day.

For UK mainland patients only: Genova Diagnostics recommends using the enclosed courier collection service, or alternative e.g.: Royal Mail, Special Delivery. The mailing envelope is not pre-paid.

For patients outside of the UK: please arrange an international courier such as FedEx, DHL, UPS.

Please note: the laboratory is closed at weekends. Samples should not be in transit over the weekend; please arrange for the samples to be sent overnight and to arrive no later than Friday.

- Plan to return the samples **Monday – Thursday by overnight delivery only.**
- Make sure the tubes are labelled with bar codes and packaged securely in the box provided.
- Place the box in the mailing envelope with your completed and signed Requisition Form. Please ensure all information requested in red is completed.
- Seal the envelope.
- Once posting/couriering of samples has been arranged, keep any tracking numbers issued by the courier / Royal Mail for future reference.

Helicobacter Pylori Breath Test

Patient Instructions for sample collection



Check Your Kit

- A - 1 jar (10ml) containing 75mg ¹³C-urea powder for oral solution
- B - 2 white-top breath sample tubes for 00 minute value
- C - 2 blue-top breath sample tubes for 30 minute value
- D - Bendable straw
- E - Barcode labels and stickers
- F - 1 Requisition (to be completed and signed)
- G - 1 Mailing envelope

- If any of the items are missing or expired, call the laboratory on 020 8336 7750.
- The appearance of the above kit components are for illustration use only and actual contents may vary slightly from that shown.

Step 1:

Important things to know and consider

- This test is suitable for adults and children from the age of 12.
- Do not conduct the test if you have a gastric infection or atrophic gastritis.
- The following medications can influence the test results: medications related to H.pylori eradication or urease activity. Please wait at least 4 weeks after antibiotic therapy and 2 weeks after the last administration of proton pump inhibitors, H2 blockers, and/or bismuth. **Do not stop or change any prescribed medication unless instructed to do so by your doctor.**

Schedule and Prepare for Sample Collection

- You will need the following in order to conduct this test:
 - 200 ml Orange Juice
 - Drinking glass
 - Water to dissolve urea powder
- The test should be carried out after having fasted for at least 6 hours, preferably overnight.

Consult your healthcare provider if you have any questions at any time during this test.

Step 2: Instructions for sample collection

Read through these instructions prior to starting the test. Not following these instructions may affect the test results .



1 Take the straw and both white-top sample tubes labelled “sampling time 00-minute-value” from the test set.



2 Remove the stopper from one of the sample tubes, unwrap the straw and place it into the bottom of the tube.



3 Take a normal breath and exhale for 4 seconds through the straw into the bottom of the sample tube so that it steams up.



4 Continue to breathe through the straw while removing it from the sample tube, then immediately seal the tube with its stopper (within 30 secs).



5 Now repeat this procedure for the second white-top sample tube (00-minute-value).



6 Attach the bar-code label marked 00-minute-value round the sample tubes so that the lines of the bar-code are horizontal.



7 Drink 200ml of orange juice



8 Remove the jar labelled “¹³C-urea powder”, fill up to about three quarters with water.



9 Close the jar and shake until all the powder has dissolved completely.



10 Pour the contents into a drinking glass, fill the jar a second and third time with water and add to the drinking glass.



11 Drink the solution immediately. Make a note of the time.



12 30 minutes after drinking the solution collect 2 more breath samples into the 2 sample tubes marked “30-minute-value” (Blue Caps), following steps 2 – 6 above.



13 Place all the breath sample containers in the original packaging and seal the box with the remaining sticker.

14 Complete the requisition form with the patient and payment details, and any information requested in red. Be sure it is signed by the patient / responsible party in the box labelled “Final Sample Date / Time”.