

**Reporting Title:** H. pylori C Urea Breath Test  
**Performing Location:** Mayo Clinic Laboratories - Rochester Superior Drive

**Ordering Guidance:**  
An alternative test for the diagnosis of active *Helicobacter pylori* infection in patients is the HPFRP / *Helicobacter pylori* with Clarithromycin Resistance Prediction, Molecular Detection, PCR, Feces, which requires a different collection.

**Specimen Requirements:**

**Patient Preparation:**

1. Patient should be fasting for 1 hour.
2. **Do not administer this test if this list of instructions is not followed, as test results may be inaccurate:**
  - a. **Do not administer this test if patient is allergic to citric acid.**

**Note:** Product contains aspartame.
  - b. Patients **should not take** proton-pump inhibitors (eg, Prilosec, Prevacid, Aciphex, Protonix, and Nexium) or bismuth compounds (eg, Pepto-Bismol) for 2 weeks prior to testing.
  - c. Patients **should not take** antibiotics for 4 weeks prior to testing.
  - d. Histamine 2-receptor antagonists (H2RA), such as Pepcid, Tagamet, Axid, or Zantac may impact the sensitivity of the test and, if possible, **should be discontinued** for 2 weeks prior to testing.
3. Carafate (sucralfate) does not interfere with the test. Use of antacids does not affect the accuracy of this assay.

**Supplies:** H. Pylori Breath Kit - Meridian BreathID (T906; fees apply)

**Collection Instructions:**

1. **Do not** collect if patient is younger than 3 years of age.
2. Follow instructions included with kit.
3. Mixing the (13)C-Urea Tablet
  - a. Dissolve the Citrica and the (13)C-enriched urea tablet in 150 to 200 mL (5.1 to 6.8 oz.) of tap water in the provided drinking cup.
  - b. Close the lid firmly using both hands. Place fingers over lid and shake thoroughly for a few minutes, until the Citrica Powder and the urea tablet are completely dissolved.

**Note:** Tiny particles may remain visible after thorough mixing. However, if more substantial particulate matter is still present after five minutes of mixing, discard the solution and repeat the procedure with a new kit.

**Forms:**

If not ordering electronically, complete, print, and send 1 of the following forms with the specimen:

- [Infectious Disease Serology Test Request](#) (T916)
- [Gastroenterology and Hepatology Test Request](#) (T728)
- [Microbiology Test Request](#) (T244)
- [General Request](#) (T239)

Specimen Type	Temperature	Time	Special Container
Breath	Ambient	14 days	BREATH TEST BAG

**Result Codes:**

Result ID	Reporting Name	Type	Unit	LOINC®
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81590	H. pylori C Urea Breath Test	Alphanumeric		29891-9
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LOINC® and CPT codes are provided by the performing laboratory.

Supplemental Report:

No

CPT Code Information:

83013

Reference Values:

Negative

Reference values apply to all ages.