



UREA BREATH TEST – INSTRUCTIONS

I. CONTENT OF THE TEST KIT

- A plastic bottle with special urea powder
- 1 bottle of yoghurt drink (Fortimel Compact®)
- A plastic straw
- 6 glass tubes, numbered with '0', '00' and from '1' to '4'
- instructions to execute the test
- application form, to be completed by your physician
- address label to return the test

2. PREPARATION OF THE TEST

General

Thoroughly read all the steps before starting the test. A step-by-step instruction film is available on www.uzleuven.be/ademtest or scan the QR-code included here.
This test will take one hour. It's best to have watch or (egg-)timer handy to follow the time.



Completing the data

Length and weight are extremely important to be able to interpret the results.
Fill this out, together with your name, the name of the physician requesting the test, and the date you took the test.
Write your name on the box of the tubes.

Name patient:

Length:

Weight:

Name of the physician requesting the test:.....

Date test was executed:/...../.....

3. EXECUTION OF THE TEST

- Have you recently taken gastric acid inhibitors (proton pump inhibitors: omeprazol, pantoprazol, esomeprazol, lansoprazol or rabeprazol), then don't start the test until at least one week after the end of the treatment.
- Start the test early in the morning on an empty stomach (no meals 12 hours before starting the test).
- During the test you have to sit upright and you cannot fall asleep, drink, eat or smoke.

Step 1

Blow into tube '0':

- ✓ Unscrew the cap from the tube and hold the straw just above the bottom of the tube.
- ✓ Take a deep breath and breathe out completely through the straw.
- ✓ Close the tube within 5 seconds by screwing the cap on.



Step 2

Repeat step 1 for tube '00'.

Step 3

Pour the bottle of yoghurt drink in a glass and drink half of it.



Step 4

Fill the plastic bottle with the special urea powder half with water and gently shake until the powder has dissolved.



Step 5

Drink all of the diluted urea solution.



Step 6

Drink the rest of the yoghurt drink. You can have half a glass of water to rinse your mouth.

Step 7

Start the clock or timer.

Step 8

Wait for 15 minutes after drinking and then blow into tube '1'.



Step 9

Wait for 15 minutes after blowing into tube '1' (so that's 30 minutes after drinking) and then blow into tube '2'.

Step 10

Wait for 15 minutes after blowing into '2' (so that's 45 minutes after drinking) and then blow into tube '3'.

Step 11

Wait for 15 minutes after blowing into '3' (so that's 1 hour after drinking) and then blow into tube '4'.



Step 12

One hour after finishing the drink, the test is finished.

Step 13

Put the 6 tubes back into the original box together with the completed forms and send them to the University Hospitals Leuven, department of laboratory medicine, Herestraat 49 (CDG07), 3000 Leuven. You can use the address label.