

Carbon Breath Test

Endoscopy Unit

Alternatives
Risks and benefits

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For any queries, please contact the
Endoscopy Booking Office on 01743
261064

Opening times

8.00am to 5.00pm Monday to Friday and
8.00am to 12.00pm Saturday and Sunday

Introduction

Your doctor has advised that you should have a test called a Carbon Breath Test.

This procedure will be undertaken at The Royal Shrewsbury Hospital.

This leaflet tells you why you need the investigation and what to expect on the day and immediately afterwards. If you have any remaining concerns or queries when you have read this leaflet, please telephone the Endoscopy Booking Office.

What is a Carbon Breath Test?

It is a test that is able to test for Helicobacter Pylori. This is a bacteria that grows within the digestive tract.

Things you need to know before your test

If you need an interpreter, please contact the Endoscopy department before your appointment. They will make sure someone is there to interpret for you. Family members cannot do this.

How to prepare for your test

- **Do not eat or drink anything** in the 6 hours before your appointment.
- **You can drink small sips of water only up to 2 hours before the test.**
- Please do not bring valuables to the hospital. We cannot accept any responsibility for the loss or damage to personal property during your time on these premises. Please remove all jewellery other than one wedding band.

Medicine

- **If you are a diabetic on tablets or Insulin**, please contact the Endoscopy Booking Office as soon as possible to discuss your diabetic treatment before the test. We will ask you for the name of the medicine you are taking. Our pre-assessment team will contact you to give you advice. This will normally be a phone call.
- If you have taken any antibiotics in the last four weeks please phone the Endoscopy Unit as your appointment may need to be changed.
- If you take any medicines that thin your blood, you will not need to stop these before the tablets and can take as normal.

- Please do not take any medications on the day of the test, but please bring all of them with you to your appointment.

What should I expect during my visit?

When you arrive at the Endoscopy Unit please report to reception and you will then be asked to take a seat in the waiting area. If you feel unwell at any time, please inform the receptionist.

A nurse will invite you into an assessment room to ask you questions about your health, explain about the Carbon Breath Test procedure. You will have the chance to ask any questions that you may have.

Please bear in mind that your appointment time is not your procedure time and there may be a delay before you are taken through for your procedure. You may be in the department for up to 4 hours. The Endoscopy Unit sometimes has to deal with emergency cases which may cause delays to your appointment time.

The Carbon Breath Test

The nurse will ask you to breathe into two test tubes to take your baseline reading. You will then be asked to drink two drinks (citric acid and urea). You will then be asked to have a seat in the waiting area for 30 minutes. After the 30 minutes you will breathe into a further two test tubes.

When will I receive the results?

The nurse will package your sample up and send it off to be reviewed. The results will be sent back to your referring doctor. Allow up to 6 weeks for your doctor to be in touch after your test.

Additional information is available from

If you are worried or have any questions, please do not hesitate to contact the Endoscopy Booking Office.

- For further information, please refer to the link below:

<https://www.sath.nhs.uk/wards-services/az-services/endoscopy/>

Other Sources of Information

NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

- Telephone: 111 (free from a landline or mobile)
- Website: www.nhs.uk

Patient Advice and Liaison Service (PALS)

PALS will act on your behalf when handling patient and family concerns. They can also help you get support from other local or national agencies. PALS is a confidential service.

Royal Shrewsbury Hospital
Princess Royal Hospital

Tel: 01743 261000 Ext 1691
Tel: 01952 641222 Ext 4382

Disclaimer

This leaflet is provided for your information only. It must not be used as a substitute for professional medical care by a qualified doctor or other health care professional. Always check with your doctor if you have any concerns about your condition or treatment. This leaflet aims to direct you to quality websites: these are correct and active at the time of production. The Shrewsbury and Telford Hospital NHS Trust is not responsible or liable, directly or indirectly, for ANY form of damages whatsoever resulting from the use (or misuse) of information contained in this leaflet or found on web pages linked to by this leaflet.

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