1. Instruct patient to hold their breath for 4-5 seconds, and then exhale into the blue BASELINE breath sample bag.

2. Push the cap until it clicks.

3. Prepare the test drink by dissolving the citrica powder and the 13C-enriched urea tablet in 150 to 200 ml of tap water in the drinking cup provided.

4. A. Close the cup firmly using both hands  
B. Mix until it is completely dissolved.

5. Open the lid and instruct patient to drink the entire solution using the straw within 2 minutes.

6. Wait 15 minutes.

7. Instruct patient to hold their breath for 4-5 seconds, and then exhale into the gray POST INGESTION breath sample bag.

8. Push the cap until it clicks.

9. Place both breath sample bags in the provided transport bag.

For detailed information regarding the step-by-step procedure, refer to the IDkit Hp® Two Package Insert.