



H Pylori Breath Test

(Test Duration: ~30mins)

Preparation Instructions:

- Do not eat, drink, chew gum or use tobacco products for 1 hour prior to taking the test.
- Do not take any of the following medications for 2 weeks prior to the test:
 - a. All antibiotics - If you are on Antibiotics – It is important that you finish your treatment and testing will be scheduled after your treatment is complete.
 - b. Bismuth preparations such as Pepto-Bismol.
 - c. Proton pump inhibitors (PPIs) such as: Aciphex (rabeprazole), Nexium (esomeprazole), Prevacid (lansoprazole), Prilosec (omeprazole), Protōnix (pantoprazole), Zegerid (omeprazole/sodium bicarbonate), Dexilant (dexlanosoprazole).
- No Histamine 2-receptor antagonists such as: Axid (nizatidine), Pepcid (famotidine), Tagamet (cimetidine), Zantac (ranitidine) 2 days (48hrs) before testing.
- Alka-Seltzer, Rolaids and Tums are ok to take prior to testing.

Prior to the test, please let us know if you are allergic or sensitive to artificial sweeteners (I.e. aspartame), citrus foods or liquids or if you are pregnant.

The Testing Procedure:

- In the lab room within the clinic, you will be asked to take a deep breath and exhale into a blue bag. This is the baseline breath sample.
- You will be given ~4oz of a citric acid solution that tastes similar to lemonade to drink with a straw.
- After drinking the solution, you will sit quietly for 15mins.
- You will then be asked to take a deep breath and exhale into a pink bag.

What to Expect After the Procedure:

- Results will be available in ~15mins.
- If your results are positive, you will be prescribed a course of treatment.
- A follow up appointment for re-testing will be scheduled at least 4-6 weeks after the completion of treatment to confirm a cure.

Pre-treatment testing Appointment Date _____ Time _____

Post-treatment testing Appointment Date _____ Time _____