

H. PYLORI BREATH TEST PATIENT PREPARATION

Your doctor has scheduled you for a *Helicobacter pylori* breath test to determine if you are infected with this bacterium. Your test is set for: _____

Testing will be conducted at: _____

If you have any questions regarding the following instructions, please call our office at (_____) and request to speak to _____

Test Preparation:

4 weeks prior to test: Discontinue the use of all antibiotics and/or bismuth-type medications. This includes Pepto-Bismol and other generics.

Date to stop antibiotics/bismuth: _____

Date stopped antibiotics/bismuth: _____

2 weeks prior to test: Discontinue use of proton pump inhibitors (PPI) and carafate (Sucralfate). PPI's include (list may not be comprehensive):

<u>Generic Name</u>	<u>US Brand Name</u>
Rabeprazole	Aciphex
Esomeprazole	Nexium
Omeprazole	Prilosec
Lansoprazole	Prevacid
Pantoprazole	Protonix

Date to stop PPI: _____

Date stopped PPI: _____

Day of Test: You need to fast for 6 hours prior to test. This means nothing to eat or drink.

Note: You may continue to take H₂ Blockers such as Axid, Pepcid, Tagamet, and Zantac and Antacids, such as Gelusic, Maalox, Mylanta, Rolaids, and Tums.

It is critical that you follow all of the above instructions for the *H.Pylori* breath test to accurately determine if you are infected.

Please bring this form to your test