

## Helicobacter Pylori (H. Pylori) Breath Testing Patient Preparation Instructions

### Allergy Alert:

If you are allergic to aspartame or NutraSweet (an artificial sweetener) you will be unable to complete this test.

### Two weeks prior to the test:

Do not take any of the following as they may cause incorrect results:

- Antibiotics (please discuss all antibiotics with your doctor before stopping them for this test)
- Bismuth preparations (such as Pepto-Bismol, Kaopectate, or Maalox Total Relief)
- Proton Pump Inhibitors (PPIs):
  - Aciphex (rabeprazole)
  - Dexilant (dexlansoprazole)
  - Nexium (esomeprazole)
  - Prevacid (lansoprazole)
  - Prilosec or Prilosec OTC (omeprazole)
  - Protonix (pantoprazole)
  - Zegerid (omeprazole/sodium bicarbonate)

### Alternative Options for PPIs:

Acid reducers such as Pepcid (famotidine), Axid (nizatidine) or Tagamet (cimetidine), can be take twice daily up until 24-hours before the test. Your last dose will be the day before the test.

You may continue taking antacids as needed, including:

- Alka-Seltzer (sodium bicarbonate)
- Roloids or Tums (calcium carbonate)

### Day of Test:

#### 1 hour prior to your appointment time, please **DO NOT**:

- Drink, eat, or have anything by mouth including water, gum, hard candy, mints.
- Smoke – cigarettes, e-cigarettes, marijuana.
- Chew tobacco.

### Following the Test:

If your test is positive for H. pylori your provider will likely prescribe medication for treatment. Following completion of the treatment a second breath test may need to be ordered to confirm the H. pylori bacteria is no longer present.

If you have any questions, please contact our office at 503-692-3750 for assistance.