



## **H. PYLORI BREATH TEST**

### **Patient Instructions**

## **STOP 2 WEEKS BEFORE YOUR TEST:**

#### **PROTON PUMP INHIBITORS (PPI)**

Dexilant . Nexium . Prevacid OTC . Zegerid OTC . Protonix . Aciphex

#### **H2 BLOCKERS**

Equaline . Tagamet . Pepcid . TUMS Dual Action . Axid . Zantac

#### **BISMUTH PREPARATIONS**

Kaopectate . Maalox Total Relief . Pepto-Bismul

#### **NOTE:**

*NO allergy to ASPARTAME. ANTACIDS are okay except MAALOX Total Relief*

### **FAST FOR 1 HOUR BEFORE YOUR PROCEDURE**

Your symptoms may be caused by a common bacterial infection called Helicobacter pylori (H. pylori).

H.pylori affects nearly 1 in 3 Americans. It can cause common symptoms like heartburn, nausea and bloating. It also is what causes up to 90% of stomach ulcers. If left untreated, it can sometimes lead to painful stomach inflammation, sever ulcers and, in some cases can increase the risk of gastric cancer.

This is a painless test, takes about 10 minutes. It enables your doctor to prescribe treatment right away. It may be covered by most insurance, including Medicare.

Have your physician order the test for you through Central Scheduling, their secretaries or the GI clinics.

*For additional questions, please call:*

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