



PATIENT PREPARATION FOR H-PYLORI BREATH TEST

In Preparation for H-Pylori Breath Test:

1. Do not eat or drink for 1 hour prior to taking the test.
2. Do not take any of the following medications for 2 weeks prior to the test:
 - a. All antibiotics
 - b. Proton Pump Inhibitors or their generic versions such as Zegerid (omeprazole/sodium bicarbonate), Prilosec and Prilosec OTC (omeprazole), Prevacid (lansoprazole), Aciphex (rabeprazole), Protonix (pantoprazole), Nexium (esomeprazole), and Dexilant.
 - c. Bismuth preparations such as Pepto Bismol.

Histamine blockers (H2 antagonists) may be substituted for Proton Pump Inhibitors. These medications do not appear to affect the accuracy of the Breath Test. These medications include Zantac (ranitidine), Tagamet (cimetidine), Pepcid (famotidine), and Axid (nizatidine). Many labs suggest that you do not use H2 antagonists 24 to 48 hours prior to testing.

BEFORE TEST ADMINISTRATION, ALL PATIENTS SHOULD LET THE OFFICE KNOW:

1. Have you had anything to eat or drink in the last hour?
2. Are you on any antibiotics, proton pump inhibitors or bismuth preparations?
3. Do you have PKU or are you on a phenylalanine restrictive diet (one of the protein components of Aspartame)?

THIS TEST SHOULD BE ADMINISTERED AT LEAST 4-6 WEEKS AFTER COMPLETION OF TREATMENT THERAPY FOR H-PYLORI.

Appointment Date: _____

Appointment Time: _____