



Preparation Instructions for Breath Helicobacter Testing (H-Pylori)

Patient Name: _____

Appointment Date: _____ **Time:** _____

Location: _____

1. Do not take PPI's such as Aciphex, Dexilant, Nexium, Prevacid OTC, Protonix, Zegerid, including all generic forms, for (2) two weeks prior to the test. You may restart these medications after the test is completed.
2. Do not take H2 Blockers such as Axid AR, Pepcid AC, Tagamet, Zantac, including all generic or store brand Acid and Heartburn relievers for (2) two weeks prior to the test.
3. Do not use Mouthwash on the day of the appointment.
4. Must fast for (1) one hour before arriving to the appointment. This includes nothing to eat, drink, smoke or chew including gum or mints.
5. If this appointment is in follow up to the prescribed antibiotic treatment for H-Pylori infection, then the appointment date for retesting must be (1) one month after finishing the prescribed antibiotic treatment.

For questions regarding the instructions above or to make changes to your appointment please call the office directly.