

## H. Pylori Breath Test Instructions

### For the best test results:

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

### If you are currently taking a PPI:

- It is still recommended that antibiotics, PPIs, or bismuth medications not be taken within 2 weeks prior to taking the BreathTek UBT.
- If you are taking a PPI and test positive for H. pylori infection, the result is considered positive and eradication therapy can be started immediately. If the test is negative, it may be a false negative and results should be confirmed with a second breath test 2 weeks after discontinuing the PPI.
- Histamine blockers (H2 antagonists) may be substituted for PPIs. These medications include Zantac® (ranitidine), Tagamet® (cimetidine), Pepcid® (famotidine), and Axid® (nizatidine). The effect of histamine blockers may reduce urease activity on urea breath tests. Histamine blockers may be discontinued for 24-48 hours before the BreathTek UBT.<sup>1</sup>

### If you are taking antacids:

- You may continue taking antacids prior to testing. The use of antacids does not appear to affect the accuracy of the BreathTek UBT.

When testing to confirm that you're cured:

- The test should be administered at least 4 weeks after completion of treatment. The conditions above also apply.