

**Center for Digestive Diseases
& Cary Endoscopy Center
H.pylori Breath Test**

H.pylori is an infection that causes chronic active, persistent, atrophic gastritis and duodenal and gastric ulcers. Therapy for H.pylori infection consists of 1-2 weeks of one or two effective antibiotics. When the antibiotic regimen is complete a breath test is performed to determine if the bacteria are killed.

The breath test consists of swallowing a capsule. Ten minutes after the patient ingests the capsule, a breath sample is collected into a balloon. The breath sample is then analyzed to determine if it is indicative of the H.pylori infection.

**CENTER FOR DIGESTIVE DISEASES
and CARY ENDOSCOPY CENTER, P.C.
1120 SE CARY PARKWAY STE 204
CARY, NC 27518
919-854-0041**

BREATH TEST INSTRUCTIONS

- You must not eat or drink for at least six hours before your test. (Water counts). If you have taken antibiotics in the past month please let your physician know before the test. The test will need to be postponed until you have been off antibiotics for one month
- If you have been prescribed and are taking any of the following medications, please do not take it for two weeks prior to your test:
 - Prevacid
 - Aciphex
 - Zegerid
 - Prilosec
 - Omeprazole
 - Protonix / Pantoprazole
 - Nexium
 - Carafate
 - Dexilant
 - Any of type of Proton Pump Inhibitor not listed
(You may take Maalox or Tums)
- If you have taken Pepto Bismol, you will need to wait one month before having this test.
- Although the radiation dose is extremely small, the test has not been sufficiently tested in children or pregnant women. If there is a possibility that you may be pregnant, you may choose not to have this test unless you have a negative pregnancy test.

Please come to our office on:

Date: _____ Time: _____

**IF YOU HAVE ANY FURTHER QUESTIONS REGARDING
THIS TEST PLEASE CALL OUR OFFICE AT
(919) 854-0041**