

Helicobacter Pylori Breath Test

A *Helicobacter pylori* breath test should be performed to verify that the bacteria have been completely eradicated after treatment.

The test results help to determine the presence of *Helicobacter pylori* and effectively diagnose the infection.

To ensure accurate test results, the following instructions must be followed:

- Diet. No eating or drinking (except for plain water) for 6-8 hours before the test. Avoid caffeine, milk, alcohol, and acidic foods. Do not chew gum or eat any kind of candy.
- You may brush your teeth, but do not swallow toothpaste or water
- Avoid smoking for at least 6-8 hours before the test
- Medication restrictions

The medications listed below **MUST NOT** be taken before the test.

Before discontinuing any medication, be sure to consult your doctor.

4 weeks before the test - do not take any antibiotics.

14 days before the test - do not take: bismuth, gastroprotective agents, proton pump inhibitors (specifically: De-Nol, Sucralfate, Omeprazole, Escadra, Nolpaza, Losec, Nexium).

24 hours before the test - do not take barium, do not undergo X-ray examinations with barium swallow test.

8 hours before the test and during the test – taking antacids, H2 receptor antagonists (specifically: Cimetidine, Ranitidine, Renni, Gastrotuss, Maalox) are prohibited.