



Patient Guide to H-Pylori Breath Test

Please read carefully:

Your doctor has requested that you have an H Pylori Breath Test. This test is used to detect a small bug (bacteria) called Helicobacter Pylori, which is linked to stomach (gastric) disease.

To have the test you must make sure that:

1. You have not had any antibiotics during the 4 weeks before that test.
2. You have not had any of the medicines given for indigestion during the two weeks before the test, such as:
 - Omeprazole
 - Lansoprazole
 - Esomeprazole
 - Pantoprazole
 - Rabeprazole
3. You have not had any antacids, such as Peptac or Gaviscon in the last 24 hours before the test.
4. The following must be stopped at least 4 days before the test:
 - Cimetidine
 - Ranitidine
 - Nizatidine
 - Famotidine
 - Domperidone
 - Metochlopramide
5. You have not eaten or had any drinks for at least 6 hours before you have the test (you may have a sip of water)
6. Please do not smoke on the day of your test.
7. Please brush your teeth before taking the test.

The test is very safe, the doctor will let you know the results.