H. PYLORI BREATH TEST PREP INSTRUCTIONS

- Please arrive 15 minutes before the test is to be done.
- Bring this with you to your appointment.
- Your doctor has scheduled you for an H. Pylori Breath Test to determine if you are infected with this bacterium.

How long does the test take?
- This test takes about 15 minutes

PREPARATION

- It is critical that you follow all of the instructions below for the H. pylori breath test to determine if you are infected.

4 Weeks Prior To Test

- You must be off all antibiotics and/or Bismuth type medications. Note: Bismuth medications are Pepto-Bismol and all generic forms.

  - Date to stop antibiotics/Bismuth: _________________
  - Date antibiotics/Bismuth stopped: _________________

2 Weeks Prior To Test

- You must be off sucralfate (Carafate) and proton pump inhibitors (PPIs). These include:

<table>
<thead>
<tr>
<th>BRAND NAME</th>
<th>GENERIC NAME</th>
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</thead>
<tbody>
<tr>
<td>Prilosec</td>
<td>Omeprazole</td>
</tr>
<tr>
<td>Nexium</td>
<td>Esomeprazole</td>
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<tr>
<td>Dexilant</td>
<td>Dexamethasone</td>
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<tr>
<td>Aciphex</td>
<td>Ranitidine</td>
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<tr>
<td>Protonix</td>
<td>Pantoprazole</td>
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</tbody>
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Day of Test

- Nothing to eat or drink 6 hours prior to test.
- No smoking.
- Do not brush your teeth, use mouthwash or use a breath mint.
- Do not chew gum.
- You may continue to take H2 blockers such as Tagamet, Zantac, Avid and Pepsid.
- Antacids such as Maalox, Rolaids, Tums and Mylanta are also allowed.

QUESTIONS? Call:
Procedure Scheduling
309-277-1129
(Mon–Fri 8am–5pm)