

## Breath Testing for H. Pylori

The breath test for H. Pylori is a non-invasive method for the diagnosis of helicobacter pylori (H. Pylori). H. Pylori is a bacteria in the stomach lining that can cause ulcers. Expect this procedure to take approximately 30 minutes to complete. The results of your test will be given to you the same day you have the test. If the test is positive, you will need medication to treat the bacteria.

- You will need to take 2 breath measurements.
- Between breath measurements you will need to drink a citrus-type solution.
- The breath sample is then analyzed to detect the amount of urease (H. Pylori) present in the sample.

### Patient preparation

1. The solution you will drink is Pranactin®-Citric, which contains phenylalanine (one of the protein components of aspartame).
2. You will need to fast for at least one (1) hour before the test.
3. You should not take any of the following medications prior to the test:
  - **2 weeks prior to test:**
    - All antibiotics
  - **2 weeks prior to test:**
    - Proton pump inhibitors or their generic versions, including:
      - Zegerid (omeprazole/sodium bicarbonate)
      - Prilosec or Prilosec OTC (omeprazole)
      - Prevacid (lansoprazole)
      - Aciphex (rabeprazole)
    - Bismuth preparations such as Pepto Bismol
  - Protonix (pantoprazole)
  - Nexium (esomeprazole)
  - Dexilant (dexlansoprazole)

Date of test: \_\_\_\_\_ Arrival time: \_\_\_\_\_

**Location: 1015 S. Hackett Rd.  
Waterloo, IA 50701**

**Follow-up appointment (if needed): \_\_\_\_\_**

If you have any questions or concerns, please call our office at 319-234-5990.  
Office hours are Monday–Friday from 8:30 a.m.-5:00 p.m., with phones answered 24 hours per day for emergencies.