

# H. pylori and Your BreathID® Hp Breath Test

Your physician has ordered a **BreathID® Hp** breath test to determine if you have a *Helicobacter pylori* (*H. pylori*) infection.

*H. pylori* is a common bacteria found in the inner lining of the stomach and/or small intestine. It can cause common symptoms like dyspepsia, heartburn, nausea, bloating, or abdominal pain. You may be taking Nexium®, Prilosec OTC®, Pepcid®, Pepto-Bismol®, TUMS® or another acid reducing medication to relieve these symptoms.

If left untreated, *H. pylori* can lead to ulcers or painful stomach inflammation and other more serious conditions.

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## What to Expect

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The **BreathID® Hp** breath test is a simple and completely painless test that is very easy for nearly all patients.



Your caregiver will connect you to a comfortable nasal breathing cannula. You will simply breathe normally for about 10-15 minutes, and the **BreathID® Hp** System will automatically sample your breath. In the middle of the test, you will be given a special, safe solution mixed in 5 to 6 ounces of water to drink through a straw.

Most **BreathID® Hp** tests take just 10-15 minutes from start to finish and results are available to your caregiver right away.

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## Preparing for the Test

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Do not eat or drink anything for 1 hour prior to the test.

Do not take antibiotics or antimicrobials, or any bismuth preparations or proton pump inhibitors for 2 weeks prior to the test:

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|-------------------------------------|---------------------------------------|
| Examples of<br>Bismuth Preparations | Examples of<br>Proton Pump Inhibitors |
| Pepto-Bismol® Kaopectate®           | Nexium® Prilosec OTC®                 |
| Maalox® Total Relief                | Prevacid® Zegerid OTC®                |

If you are on these medications, they may influence the results of a breath test. Tell your doctor if you are currently taking any of these medications, please discuss it with your doctor.

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## Following the Test

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If you test positive for *H. pylori*, your physician will likely prescribe a treatment. If the treatment is successful, very often your symptoms – and the need to take those medications – can be relieved. Following completion of the treatment, a second **BreathID® Hp** breath test may be ordered to confirm the *H. pylori* bacteria is no longer present.

**Please ask your physician or caregiver any questions you have about the test.**