

H. Pylori Test Prep Instructions

Location: **Wantagh Office**
2155 Wantagh Avenue
Wantagh, NY 11793

Procedure Date: _____ Time: _____

What is an H. Pylori test?

An H. Pylori test is used to detect the presence of Helicobacter pylori bacteria in the stomach. The presence of this bacteria could cause ulcers and other gastrointestinal issues.

1. **1 month before the test**

- Do not take any antibiotics

2. **10 days before the test**

- Do not take any proton pump inhibitors for 10 days prior to the test (Omeprazole, Nexium, Prevacid, etc.)

3. **Day of the test**

- Do not eat or drink anything **2 hours before** the test.

At the time of the test, you will exhale into a bag to measure carbon dioxide in your breath. You'll then drink a solution containing urea, a substance that H. pylori bacteria can break down. After a 15-minute break, you'll exhale once into a different bag to measure the amount of carbon dioxide in your breath after drinking the solution.

Once the results are received back from the lab, your physician will call you with the results.