

PATIENT INSTRUCTIONS

PRE-COLLECTION CRITERIA FOR HELICOBACTER PYLORI BREATH TEST

The following pre-collection criteria are intended to help you prepare for the test your clinician has requested and reduce the risk of false negative results.

First read the pre-collection criteria carefully, make sure your appointment is booked, and then follow each pre-collection criterion to ensure accurate results.

Prior to your Test:

1. You must have **fasted for at least 4 hours**
2. You must be **smoke-free for at least for 4 hours**
3. You must be **antibiotic-free for the last 4 weeks**
(*i.e., Tetracycline, Amoxil, Flagyl(Metronidazole), Biaxin (Clarithromycin)*)
4. You must be **bismuth preparation-free for the last 2 weeks**
(*i.e., Pepto-Bismol, Kaopectate*)
5. You must be **proton pump inhibitor-free for the last 3 days**
(*i.e., Losec (Omeprazole), Prevacid (Lansoprazole), Pantoloc (Pantoprazole), Nexium (Esomeprazole), Pariet (Rabeprazole)*)
6. You must be **histamine H2 Receptor Antagonist-free for 1 day**
(*i.e., Tagamet (Cimetidine), Pepcid (Famotidine), Zantac (Ranitidine)*)
7. You must have waited at least **6 weeks since your the last breath test**
8. You have waited **6 weeks after your last *H. pylori* treatment**

NOTE: *Your test will be rescheduled if you do not meet all of the above criteria*