

H. PYLORI BREATH TEST PREPARATION

- **NO food or drink beginning 6 hours prior to your test.** This includes water, mints, and gum.
- No tobacco products or smoking for 6 hours prior to your test
- You must be off all antibiotics for 4 weeks prior to your test.
- You should not use any proton pump inhibitors or Carafate for 14 days (2 weeks) prior to your test. Examples of medications you cannot take:
 - Prilosec (omeprazole)
 - Prevacid (lansoprazole)
 - Nexium (esomeprazole)
 - Protonix (pantoprazole)
 - Dexilant (dexlansoprazole)
 - Aciphex (rabeprazole)
 - Zegerid
- You should not use Bismuth (Pepto Bismol) for 4 weeks prior to your test.
- You may use OTC antacids (Tums, Gaviscon), as long as they do NOT contain bismuth.
- You may use acid blockers such as Zantac (ranitidine), Pepcid (famotidine), and Tagamet (cimetidine)
- For this test, you will swallow a pill and then collect your breath in a small, balloon-like bag. The test will take approximately 30 minutes to complete.