

Thank you for choosing Duke Gastroenterology (GI) for your healthcare needs. Your provider ordered a Helicobacter pylori (*H. pylori*) test for you. This test helps to diagnose reasons for abdominal pain, nausea, bloating, and weight loss. You must follow each step for this test. Call Duke GI at (919) 684-6437 if you have questions about this test, preparation, or appointment.

What Is an *H. pylori* Breath Test?

You will drink a testing solution for this test and breathe into two collection bags. Your two breath samples are tested for carbon dioxide levels. You will receive your results immediately. If you are allergic to aspartame or have phenylketonuria (PKU), please call your provider about this test.

Testing Information

- You do not need a driver for this test. This test takes 30 minutes to complete. You cannot leave the clinic during testing.
- Duke GI performs this test at Duke GI of Raleigh at 3480 Wake Forest Road, Suite 500 (5th floor), Wake Forest, North Carolina.
- Check your My Duke Health messages for your appointment date and time.



Four (4) Weeks Before Your Breath Test

- Stop taking all antibiotics (pills and IV) unless instructed by your GI provider.
- Stop taking medicines with bismuth (like Pepto Bismol® or Kaopectate®) until after the test.



Two (2) Weeks Before Your Breath Test

- Stop taking acid reducers medicines (proton pump inhibitors) until after the test. Your provider will provide instructions on tapering off these medications.
 - Dexilant (dexlansoprazole)
 - Nexium (esomeprazole)
 - Prevacid (lansoprazole)
 - Prilosec (omeprazole)
 - Protonix (pantoprazole)



One (1) Day Before Your Breath Test

- Stop taking H2 blockers medicines (acid reducer) until after the test.
 - Pepcid (famotidine)
 - Tagamet (cimetidine)
 - Zantac (ranitidine)

TWO (2) HOURS Before Your Breath Test

- Take your scheduled medicines.

ONE (1) HOUR Before Your Breath Test

- Stop eating and drinking (including chewing gum and mints)
- Stop smoking (including e-cigarettes and chewing tobacco)

