

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. Ensure that you are not allergic to citric acid.
2. You must pass the CoVid-19 Screening.
3. You must have **fasted for at least 4 hours**.
*Note: Drink water (no added flavor) as needed. Coffee or tea is acceptable **IF** no dairy/soy or sugar/sweeteners have been added (see instruction #4).*
4. You must not drink any fluids **one hour** before the test.
5. You must be **smoke-free for at least for 4 hours**.
6. You must have waited at least **24 hours** before repeating the Urea Breath Test.
7. You must have waited **6 weeks after last *H. pylori* treatment**.

Antibiotics and acid lowering medication may interfere with this test and should not be taken for the periods indicated.

1. You must be **antibiotic-free for last 4 weeks**.
(i.e., Tetracycline, Amoxil (Amoxicillin), Biaxin (Clarithromycin), Falgyl (Metronidazole))
2. You must be **bismuth preparation-free for last 2 weeks**.
(i.e., Pepto-Bismol, Kaopectate)
3. You must be **proton pump inhibitor-free for last 7 days**.
(i.e., Losec (Omeprazole), Prevacid (Lansoprazole), Pantoloc (Pantoprazole), Nexium (esomeprazole), Pariet (rabeprazole))
4. You must be **histamine H2 Receptor Antagonist-free for 1 day**.
(i.e., Tagamet (cimetidine), Pepcid (famotidine), Zantac (ranitidine))
5. You must be **antacid-free for 1 day**. *(i.e., Maalox, Diovol)*

If you are taking **ANY** of these medications, it is recommended that you discuss this with your doctor **BEFORE** having the test done.

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