

## **Helicobacter Pylori Breath Test INFORMATION FOR PATIENTS**

Your doctor has requested that you have a breath test to check if you have an infection called *Helicobacter pylori* or that the medicines you have taken have successfully removed the *Helicobacter pylori* bacteria, commonly called *H.pylori*. Your GP will issue you with a prescription to collect the test kit from the chemist. This leaflet gives you some information about *H. pylori* and the breath test.

### **What is *Helicobacter pylori*?**

*H. pylori* is a bacterial infection that is found in the stomach or small intestine. It is one of the most common infections in the UK and more than a quarter of people will be infected with it.

### **What problems does it cause?**

- Usually none — most people have no symptoms and don't even know they're infected.
- Infection with *H.pylori* is the most common cause of stomach ulcers or indigestion. An ulcer is where the lining of the stomach or intestine is damaged by the acid which is made in the stomach.
- The exact way *H.pylori* causes ulcers in some infected people is not clear.
- It is thought that it may alter the lining of the stomach (which is there to protect the stomach from acid) in some patients.

### **How is *H. pylori* diagnosed?**

A simple breath test can let us know whether you are infected with *H.pylori* or not.

### **What is the breath test?**

The breath test is when a sample of your breath is analysed to check for *H.pylori*. The test detects whether the bacteria is present by examining the carbon dioxide in your breath. It is a very safe and accurate test.

### **What should you do before the test?**

Before you can have the breath test you need to make sure that:

- You have not eaten for at least six hours before you have the test. You may have normal amounts of water.
- You have not taken any antibiotics during the 4 weeks before the test.
- You have not taken any Proton Pump Inhibitors (PPIs), for example omeprazole (Losec®), Zanol®), lansoprole (Zoton®), esomeprazole (Nexium®), pantoprazole (Protium®) or rabeprazole (Pariet®) during the 2 weeks before the test.
- You have not taken any antacids, for example Peptac or Gaviscon or medicine such as ranitidine or cimetidine in the last 24 hours before the test
- Do not smoke before the test
- Please brush your teeth before leaving home to come to the test.

## Performing the H Pylori Test

This will take approx. 15 minutes. You will need the test kit and a glass of water.

1. Remove the form 'Request for Sample Analysis' and complete your details and GP surgery details on the inside page: **Requesting GP name-Cripps Health Centre, University Park, Nottingham, NG72QW. 0115 8468888. NCCCG.C84023@nhs.net**
2. Place 1 barcode sticker from inside the test kit, onto the request form. Keep the second barcode safely at home.
3. Unwrap the straw and use this to blow into the blue tubes marked '00 min'. Unscrew the stopper, insert the straw into the bottom of the tube, take a deep breath in then seal your lips around the straw and blow gently into the tube.
4. Remove the straw from the tube and close the tube with the stopper. Check it is properly closed.
5. Repeat with the second blue '00 min' tube.
6. Swallow the tablet with a glass of water. **DO NOT CRUSH or CHEW** the tablet.
7. Wait for 10 MINUTES in an upright position (standing or sitting).
8. Blow into the 2 red '10 min' tubes as described above.

After the test has been performed, place all 4 tubes in the box with the fully completed request form and close it, replace the cardboard sleeve. Place the whole box into the pre-paid envelope and post it in the post box the same day.

### What will happen after the test?

The results will be sent back to your doctor usually within 10 working days of having the test and will let you know the result.