

Preparing for Your H. Pylori Breath Test

Patient Name: _____

Appointment Date/Time: _____

H. Pylori Breath Test Information:

- This test can be performed on patients 18 and older.
- **PLEASE NOTE:** If you are pregnant, this test CANNOT be performed.
- If you have a known reaction to **Phenylalanine** or if you have high levels of **Phenylketonuria (a rare genetic metabolic disorder)**, please inform the diagnostic technician.
 - o Phenylalanine is the ingredient found in the artificial sweetener, aspartame (found in Equal, NutraSweet).
 - o Generally, those with Phenylketonuria (PKU) cannot eat high protein foods such as meat, milk, eggs and nuts. PKU testing is done on infants prior to discharge from the hospital and anyone born prior to the mid-1960s, did not have this test done in infancy.
- You will be asked to drink a solution (mixed with flavored water and urea) prior to administering the breath test and cannot speak during the procedure.

Instructions:

- **DO NOT** eat or drink anything **ONE (1) HOUR** before exam (no food, liquids or smoking)
- **DO NOT TAKE** the following for **TWO (2) WEEKS** prior to testing
(*please consult your physician*):
 - o **Antimicrobials/Antibiotics:**
 - Penicillin, Vancomycin, Azithromycin, Clarithromycin, Clindamycin
 - o **Proton Pump Inhibitors:**
 - Omeprazole (Prilosec, Zegrid, Lomac, Omperal)
 - Esomeprazole (Nexium, Esotrex)
 - Pantoprazole (Protonix, Somac, Pantoloc, Pantozol, Zurcal, Controloc)
 - Dexlansoprazole (Kapidex, Dexilant)
 - o **Bismuth Preparations**
 - Pepto Bismol, Kaopectate, Maalox, Milk of Magnesia, Tums

**If you have any questions regarding your H. Pylori Breath Test,
please call our office at 914.723.8100 ext. 113.**

Test Location:

600 Mamaroneck Avenue, Suite 200 | Harrison, NY 10528