

The Wycliffe Medical Practice
H Pylori Breath Test Patient Information Leaflet

Your doctor has requested that you have an H Pylori Breath Test. This test is used to detect a small bug (bacteria) called *Helicobacter Pylori*, which is linked to stomach (gastric) disease.

Your doctor has asked you to have this test to see if you have this infection, as this may be the cause of your symptoms, or if you have had this test before it is to check that the medicines you have taken have successfully removed the bacteria.

Please note that this test kit is an expensive item – it is important that you use it promptly and follow the instructions correctly both to help your own healthcare and so that NHS funds are not wasted.

In order to have the test you must make sure that:

1. You have not taken any **antibiotics** during the 4 weeks before the test.
2. You have not had any of the medicines given for indigestion during the two weeks before the test. These are:
 - Omeprazole (Losec®, Zanprol®)
 - Lansoprazole (Zoton®)
 - Esomeprazole (Nexium®)
 - Pantoprazole (Protium®)
 - Rabeprazole (Pariet®)
3. You have not had any antacids, such as Peptac or Gaviscon in the last 24 hours before the test.
4. The following must be stopped at least 4 days before the test;
 - Cimetidine (Tagamet)
 - Ranitidine (Zantac)
 - Nizatidine (Axid)
5. You have not eaten or had any drinks for at least 6 hours before you have the test, but you may have a sip of water.

Please brush your teeth before taking the test.

The test is very safe and easy to perform, please see attached sheet.

The results will be sent back to your doctor who has referred you within 6 working days (usually) of having the test and they will let you know the result.

If you have any concerns about the test please ask to speak to a member of our team of Health Care Assistants.

PLEASE SEE PAGE 2 FOR INSTRUCTIONS ON TAKING THE TEST

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TAKING AN H PYLORI TEST AT HOME

1. Before you start you will need a watch or kitchen timer, a small glass of water, a pen and the H Pylori Test Kit
2. Open the box and check that you have 4 test tubes, 1 straw, 1 tablet, 1 bar code label, an address label to return the kit and a form to record your details
3. Attach the address label to the cover of the blue box
4. Attach the bar code label to the square on the form
5. Please blow **GENTLY** into the 2 **BLUE** test tubes using the straw provided and attached the lid quickly and securely to each tube
6. Swallow the H Pylori tablet **whole** with some water
7. Note the time and then wait exactly 10 minutes
8. Now blow **GENTLY** into the 2 **RED** test tubes using the straw and attach those lids quickly and securely
9. Complete the form from the box with your details and your GP details
10. Put the completed form and all four test tubes back in the box.
11. Slide on the blue cover, seal the box with sticky tape at either end and post in any post box or at the Post Office