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### **H Pylori Breath Test Instructions:**

#### **2 weeks prior to Breath Test:**

Please discontinue all PPI Medication as this can give a false reading on the HPylori Breath Test. These medications include: **Omeprazole, Prilosec OTC, Prevacid, Protonix, Aciphex, Dexilant, and Nexium.** If you are taking any **Pepto-Bismol** or **Pepto-Bismol** type products or **Carafate** or **Sucralfate** these also must be discontinued.

You can not be on any **antibiotics** two weeks prior to the test.

(If you have not stopped these medications we will need to reschedule your breath test.)

If you are taking **Zantac, Tums, Maalox** or **Mylanta** – this is **OK**, you do not need to stop.

#### **The day of the test:**

You must fast one hour prior to your scheduled test.

You will go to the lab, breathe into one of the breath collection bags, and drink a solution of Pranactin-Citric. The solution will taste like lemonade without the sugar in it.

\*\*\*Please be advised that if you have or ever have had a reaction to Phenylalanine (one of the protein components of Aspartame) this solution does contain that protein.\*\*\*

You will be waiting 15minutes; and then you will breathe into the second breath collection bags.

#### **Between 24 – 72 hours:**

We will call you with the results.

Any questions feel free to contact the office:  
978-429-2010