

Information Leaflet Breath Test

Background

Helicobacter pylori is a bacteria living in the stomach of humans. It has been implicated as the causative organism of peptic ulcer disease.

It can be detected in a number of ways, i.e.

- Endoscopy
- Breath Test
- Blood Testing

The Infai *helicobacter* breath test is a totally non-invasive method of detecting this bug. The conducting of the test requires minimum preparation, no anaesthetics and is non-invasive while giving results similar to endoscopy, and better than blood testing.

The test will take 45 minutes approx. during which time you will be required to drink a glass of orange juice and give 2 breath samples.

Preparation for Test

You cannot take the following drugs for 2 weeks before the test:

Proton pump inhibitors e.g.

- Losec
- Protium
- Nexium
- Zoton
- Pariet
- Zantac
- Tagamet
- Pepsid

You cannot take antibiotics for 4 weeks before the test. You can take Rennie, Gaviscon, Maalox, Milk of Magnesia for relief of symptoms. You can consume tea or coffee and a biscuit at 6am on the day of your test, however you must remain fasting after this until your test is performed.

Helicobacter pylori (H. pylori) is a bacteria living in the stomach of some people and the incidence increases with age. It may be present for some time and in many people it does not cause any problems. However, in some people it is associated with ulcers and inflammation in the stomach and duodenum.

What is an ulcer?

This is a break in the lining of the stomach or duodenum that looks similar to a mouth ulcer. An ulcer frequently causes abdominal pain.

Where does *H. pylori* come from?

It is a bacteria that only infects human beings. It is still not certain how this bacteria moves from one person to the next.

What does *H. pylori* do?

It acts as an irritant in the lining of the stomach and can cause inflammation and ulcers. A combination of other factors may also combine to cause ulcers of the stomach or duodenum i.e. aspirin or smoking.

What is the treatment of *H. pylori*?

Eradicating *H. pylori* infection can give a permanent cure of most gastric and duodenal ulcers. The bacteria can be diagnosed by taking a sample (biopsy) of the lining of the stomach during endoscopy. It can also be detected by a non-invasive “breath test”.

H. pylori is treated with a course of antibiotics and an acid blocking drug twice a day or one week. This is known as “Triple Therapy” and should be taken in full, according to your doctor’s prescription so that the *H. pylori* is completely eradicated.