

PATIENT PREPARATION

BreathTek® UBT for *H. pylori* test

FOR BEST TEST RESULTS:



1. Do not eat or drink for 1 hour prior to taking the test.
2. Do not take any of the following medications for 2 weeks prior to the test:



- a. All antibiotics
 - b. Bismuth preparations such as Pepto-Bismol®
 - c. Proton pump inhibitors (PPIs)*
3. The effect of histamine 2-receptor antagonists (H₂RAs) such as Axid® (nizatidine), Pepcid® (famotidine), Tagamet® (cimetidine), and Zantac® (ranitidine) or their generic versions may reduce urease activity, which could interfere with test results. H₂RAs may be discontinued 24 to 48 hours before testing.
 4. You may continue taking antacids such as sodium bicarbonate (Alka-Seltzer®) or calcium carbonate (Rolaids®, Tums®) prior to testing.

IF YOU ARE CURRENTLY TAKING A PPI:



- Consult your doctor about whether you need to stop taking a PPI before testing
- If you continue taking a PPI and the test is positive, your doctor can start you on antibiotic treatment. If the test is negative, it may be a false negative (meaning the test may say there's no infection when there really is), and the test should be repeated 2 weeks after you stop taking the PPI

TESTING PROCEDURE:



- At the lab you'll be asked to exhale into a blue bag (this is the "baseline" breath sample)
- You will be given a drug solution to drink with a straw
- After drinking the drug solution, you will sit quietly for 15 minutes
- Then you will be asked to exhale into a pink bag

WHEN TESTING TO CONFIRM CURE:

- If antibiotic treatment is prescribed by your doctor, a second test may be administered at least 4 weeks after completion of the treatment, to confirm cure. If you get retested, follow the same directions

*The names of some common brands of PPIs are listed under Warnings and Precautions, on the back of this card.

FOR OFFICE USE:

Pre-treatment testing:

Appointment date _____ time _____

Post-treatment testing:

Appointment date _____ time _____

Please see accompanying BRIEF SUMMARY and enclosed Current Package Insert.