



C-13 Breath Test (Testing for Helicobacter Pylori) Preparation Instructions

- No food, drink, smoking or chewing gum for at least two hours before the test.
- The following medications should NOT be taken for a minimum of *14* days prior to the test:
 - **Bismuth compounds:**

Bismatrol®	Maalox®
Diotame®	Peptic Relief®
Kao-Tin®	Pepto-Bismol®
Kaopectate®	Pink Bismuth
 - **Proton-pump inhibitors:**

Dexlansoprazole (Dexilant®)	Esomeprazole (Nexium®)
Lansoprazole (Prevacid®)	Omeprazole (Prilosec®)
Pantoprazole (Protonix®)	Rabeprazole (Aciphex®)
Naproxen/Esomeprazole (Vimovo®)	Sodium bicarbonate/Omeprazole (Zegerid®)
 - **Antibiotics of any kind**

***When testing to see if the treatment was successful in getting rid of the H. Pylori infection, there should be a minimum of *28 days* since the last dose of the antibiotic.
- The following medications should NOT be taken for a minimum of *2* days prior to the test:
 - **H2 Blockers (Histamine H2 Receptor Agonists):**

nizatidine (Axid)
famotidine (Pepcid, Pepcid AC)
cimetidine (Tagamet, Tagamet HB)
ranitidine (Zantac)
- Bring your medication(s) or a list of your medication(s) for the nurse to review.
- For this test you will be drinking a solution and breathing into foil bags. Your test will take approximately 30 minutes to complete.
- Plan to arrive 30 minutes prior to your scheduled appointment in order to register. Enter the Memorial Hospital entrance on the ground floor and take the elevators to the basement of Memorial Hospital. Check in at the GI Procedures desk. This appointment time has been reserved for you and we request you arrive on time so we do not have to reschedule your test.

If you need to reschedule your appointment, please call 919-966-2310 to speak with a scheduler.
For questions about the actual procedure, call 984-974-0630 to speak with a nurse.