



## Helicobacter Breath Test Instructions

### Preparation prior to the test

- Ask your GP to advise you of the following medications to cease prior to the test:  
Sucralfate for two weeks and Losec, Zoton or Somac for one week prior to the test.
- Please cease all food and drink (including water) for a recommended six hours prior to the test.

### Collection Centre instructions for patient

You will be asked to swallow a capsule (containing a small amount of urea) with 30mls of water. You will need to wait three minutes and swallow a second cup of 30ml water, and then wait a further 10 minutes before exhaling into a balloon. The balloon is then sent to the laboratory for analysis.

### Exclusion period for drugs affecting Helicobacter Breath Test

EXCLUSION PERIOD	TYPE OF MEDICATION	GENERIC NAME	TRADE NAME	
FOR 30 DAYS PRIOR TO TEST	Antibiotics	Multi-actives (packs)	Nexium Hp7 Vimovo	Probitor HP7
		Amoxicillin (Penicillins)	Alphamox Amoxohexal Bgramin Clamoxyl Curam Moxiclav Ranmoxy	Amoxil Augmentin Cilamox Clavycillin Fisamox Maxamox Yomax
		Ampicillin	Ampicyn Ibimicyn	Austrapen
		Azithromycin	Azith Zithromax	Zedd Zitrocin
		Clarithromycin	Clarac Clarithro Klacid	Clarihexal Kalixocin
		Roxithromycin (Macrolides)	Biassig Roximycin	Roxar Rulide
		Tetracyclines	Akamin Doxsig Doxy Frakas Minomycin	Doryx Doxyhexal Doxycycline Minocycline# Tetracycline#
		Cephalexin	Cephatrust Ialex Keflex	Cilex Ibilex Rancef
		Cefaclor (Cephalosporins)	Ceclor Keflor	Karlor Ozcef
		Ciprofloxacin (Quinolones)	Cifran Ciproxin Proquin	Ciprol C-Flox

## Exclusion period for drugs affecting Helicobacter Breath Test (continued)

EXCLUSION PERIOD	TYPE OF MEDICATION	GENERIC NAME	TRADE NAME	
FOR 30 DAYS PRIOR TO TEST	Other Anti-Infectives	Metronidazole	Flagyl Metronide	Metrogyl Simplotan
		Tinidazole	Fasigyn	
		Rifaximin	Xifaxan	
		Bismuth	Denol	
FOR 14 DAYS PRIOR TO TEST	Cytoprotectives	Sucralfate	Carafate	Ulcyte
FOR 7 DAYS PRIOR TO TEST	Proton Pump Inhibitors	Lansopazole	Lanzopran Zoton	Zopral
		Rabeprazole	Pariet Prabez Razit	Parzol Rabzole
		Omeprazole	Acimax Maxor Omepral Ozmep Probitor	Losec Meprazol Omepro-GA Pemzo
		Esomeprazol	Nexium	
		Pantoprazole	Gastenz Panto Pantoloc Panthron Salpraz Sozol Torzole	Ozpan Pantofast Pantomac Pantozol Somac Suvacid
DURING FASTING AND DURING TEST	Antacids		ALU-TAB DeWitts Antacid Powder Gastrogel Mylanta Titralac	Andrews Tums Antacid ENO Gaviscon Rennie
	H2	Cimetidine	Magicul	Tagamet
		Ranitidine	Ausran Ranital Ulcaid Zantac	Rani 2 Ranoxyl Ultac
		Famotidine	Ausfam Pamacid Pepzan	Famohexal Pepcidine
		Nizatidine	Nizac Tazac	Tacidine

# Apply to all generic brands of the active ingredient listed.

The above is not an exhaustive list, especially of antibiotics and anti-infective drugs. If you are unsure of the classification of the medication, please consult your doctor or pharmacist.