

Your physician has ordered a BreathID® Hp breath test to determine if you have a *Helicobacter pylori* (*H. pylori*) infection.

H. pylori is a common bacteria found in the inner lining of the stomach and/or small intestine. It can cause common symptoms like dyspepsia, heartburn, nausea, bloating, or abdominal pain. You may be taking Nexium®, Prilosec OTC®, Pepto-Bismol® or another acid reducing medication to relieve these symptoms. If left untreated, *H. pylori* can lead to ulcers or painful stomach inflammation and other more serious conditions like stomach cancer.

What to Expect

The BreathID® breath test is a simple and completely painless test that is very easy for nearly all patients. Your caregiver will connect you to a comfortable nasal breathing cannula. You will **simply breathe normally for about 10-15 minutes**, and the BreathID® Hp System will automatically sample your breath. In the middle of the test, you will be given a special, safe solution mixed in 5 to 6 ounces of water to drink through a straw. **Most BreathID® Hp tests take just 10-15 minutes from start to finish and results are available to your caregiver right away.**



Preparing for the Test

Do not eat or drink anything for 1 hour prior to the test.

Do not take antibiotics, antimicrobials, bismuth preparations, or proton pump inhibitors for 2 weeks prior testing as they may influence the results of the breath test. If you are taking any of these medications, please have a discussion with your doctor.

Examples of Bismuth Preparations

Pepto-Bismol®
Kaopectate®
Maalox® Total Relief

Examples of Proton Pump Inhibitors

Aciphex® (Rabeprazole)
Dexilant® (Dexlansoprazole)
Protonix® (Pantoprazole)
Zegrid® (Omeprazole/Sodium Bicarbonate)
Prilosec OTC® (Omeprazole)
Nexium® (Esomeprazole)
Prevacid® (Lansoprazole)

Following the Test

If you test positive for *H. pylori*, your physician will likely prescribe a treatment. With successful treatment, your symptoms may be relieved, eliminating the need to continue medication. Following completion of the treatment, a second BreathID® breath test may be ordered to confirm the *H. pylori* bacteria is no longer present.

Please ask your physician or caregiver any questions you have about the test.

For more information on the BreathID® test, please visit www.breathid.com

To learn more about *H. pylori* visit: meridianbioscience.com/hpylori-resource-center

Office Use Only

Pre-Treatment (Initial Test) Date:	
Post-Treatment Test Date:	

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