



## **H. pylori Breath Test (UBIT)**

You have been scheduled to have an H. pylori breath test, which is a simple test to detect the presence of the Helicobacter pylori bacteria (H. pylori) in your GI system.

This bacteria can infect the stomach or duodenum, which is the first part of the small intestine. If left untreated, H. pylori bacteria can cause gastritis and/or ulcers. It can also increase the risk of other diseases or cancer.

Accurate detection of this bacteria is the first step toward curing stomach and intestinal ulcers, and preventing the development of more serious gastrointestinal problems.

During this test, you will exhale into a bag, and then you will drink a small amount of a lemon flavored solution that helps to detect the bacteria. Twenty minutes after drinking this, you will exhale into another bag, and the test will be completed. Results usually take 7-10 days to receive.

**\*\*\*Do not take any reflux medications, such as Nexium, Prevacid, Protonix, Aciphex, Zegerid, for 14 days prior to the test.**

**\*\*\*No antibiotics for 14 days prior to this test.**

**\*\*\*Nothing to eat or drink two (2) hours before your test.**

**No appointment is necessary for this test, but we advise you to call before you plan to come in to make sure our lab tech is available.**