

Instructions to Patients

Helicobacter pylori is a common organism which lives only in the stomach. Approximately one third of Australians are infected. The C14-PYtest is an accurate non-invasive test for *H. pylori* infection. The test measures the amount of the enzyme, urease, produced by *H. pylori* in the stomach by detecting the presence of labelled carbon dioxide in exhaled air.

Important Notes

For pregnant/breastfeeding women and children under 10 years of age

- The PYtest is safe to perform in pregnancy and in breast-feeding women as well as in children of all ages. Children must be able to swallow a capsule and blow into a bag through a straw to perform the test.
- It is recommended that you discuss testing with your doctor prior to taking the test.

Pre-Test Preparation

1. With consent from your doctor, stop the following medications for a minimum of **4 weeks** prior to the test:
 - All antibiotics e.g. *Abbccillin, Amoxil, Augmentin, Cilicaine V, Doxycyline, Erythiocrin, Erythromycin, Flagyl, Klacid, Minomycin, Moxacin, Rulide, Tetrax, Vibramycin*
 - Bismuth-containing compounds e.g. *Denol, Helidac*
2. With consent from your doctor, stop the following medications for a minimum of **2 weeks** prior to the test:
 - *Carafate, Sucralfate, Ulcyte*
3. With consent from your doctor, stop the following medications for a minimum of **1 week** prior to the test:
 - *Proton pump inhibitors e.g. Losec, Maxor, Nexium, Pariet, Somac, Zoton*
4. The following medications are safe to continue to use prior to and during testing:
 - *H2 receptor antagonists e.g. Amfamox, Cimetidine, Pepcid, Pepcidine, Rani 2, Ranitidine, Tagamet, Tazac, Zantac*
 - *Antacids e.g. Quick Eze, Gaviscon, Mylanta may be continued up until the day of testing*
 - *Probiotic preparations*
5. Fast for a **minimum of 4 hours** or overnight prior to taking the test. This includes all foods and drinks, e.g. tea, coffee and water. No smoking **at least 8 hours** prior to testing.
6. On the morning of the test: no water or any form of drink, no food, no gum and no smoking. Teeth may be brushed. Stop all antacids during the fasting period.