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## INSTRUCTIONS: H. PYLORI BREATH TEST

You have an appointment for an *H. pylori* breath test on \_\_\_\_\_ at \_\_\_\_\_.

This test may detect the presence of *H. pylori* in your stomach; this bacterium can cause ulcers and other gastrointestinal diseases.

### One month before test :

- Stop taking all antibiotics
- Stop taking Pepto-Bismol or Carafate

### Two weeks before the test:

- Stop taking all proton-pump inhibitors (Nexium, Protonix, Aciphex, etc.)
- You may take other antacids, such as Pepcid, Zantac, or Maalox

### The day before the test:

- Do not have anything to eat or drink after midnight
- Do not smoke
- You may take your regular medicines with a small amount of water.

If you have questions, or need to reschedule your appointment, please call (212) 535-4500.