

H-Pylori Breath Test Instructions

- Please complete this test ____ weeks after your antibiotic treatment is complete.
- Must be fasting 1 hour prior to testing. No food, drink or smoking.
- No antibiotics two (2) weeks prior to testing.
- No heartburn or acid reflux medications for two (2) weeks prior to the test. This includes PPI's, H2 receptor antagonists or antacids. Examples of medications to avoid include: Nexium, Prilosec, Prevacid, Protonix, Omeprazole, Pantoprazole, Lansoprazole, Zantac, Aciphex, Pepcid, Ranitidine, and Dexilant.
- Check to see if you have sensitivity to aspartame prior to testing. It is an ingredient in the substance you will be drinking prior to the test.
- This test cannot be started late in the day.
- This test must be done at a Quest Diagnostic Laboratory. It is best to call the Quest lab to notify them of test prior to going. See Quest lab locations, hours and phone numbers below: