

ASSOCIATES IN GASTROENTEROLOGY & LIVER DISEASE

H-PYLORI BREATH TEST PREP

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Appointment Date _____ Appointment Time _____ AM/PM

Location: Northwestern Lake Forest Hospital—660 N. Westmoreland Rd., Lake Forest, IL 60045

Appointments are available on Mondays and Tuesdays starting at 7:30 AM. These are done at the Lake Forest Hospital GI Lab. Enter through the **visitor** entrance with the flagpole.

This test will take approximately ten minutes. You will be instructed to swallow the test capsule with a small amount of water and then blow into a balloon after 10 minutes. You may resume all normal activities and eat immediately after the test. Results should be available within a few days of completing the test.

PREPARATION INSTRUCTIONS

- You must NOT eat or drink for at least six hours before your test.
- If you have taken any antibiotics in the past month, please let your physician know before taking this test.
 - The test will need to be postponed until you have been off antibiotics for one month.
- If your physician has been prescribing a medication called Carafate or a proton pump inhibitor such as Aciphex, Nexium, Prevacid, Prilosec, Protonix, or Zegerid, please do not take it for two weeks prior to your test.
 - Consult your health care professional for additional advice.
- If you have taken a bismuth product such as Pepto-Bismol, you will need to wait one month before having this test.
- Although the radiation dose is extremely small from this test, the test has not been sufficiently tested in children or pregnant women. If there is a possibility that you may be pregnant, the test will need to be postponed until after your pregnancy is completed.
- If your breath test is positive for H-pylori, you will need to schedule a repeat H-pylori breath test 2 ½ months after finishing the antibiotics. Please call the office at 847-295-1300 to schedule this test, which will be done at the Lake Forest GI Lab.

Phone: 847.295.1300 • Fax: 847.295.1574

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