

The aim of the Poplar Grove Practice is to provide a high standard of holistic primary care to our entitled patients by working together as a cohesive multi-disciplinary team.

Our commitment to you, our patients, is to provide you with the highest possible standard of medical care with an efficiently run and friendly service. You will be treated as an individual with dignity, courtesy and respect at all times, irrespective of your ethnic origin, religious belief, sex or sexuality, personal attributes or the nature of your health problems. We expect to be treated in the same way.



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Opening Times

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Lines open daily between:

0800 - 1230 and 1400 - 1830



Patient Information Leaflet

Helicobacter Test

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Helicobacter Test

Some gastric problems may be associated with an infection of the stomach caused by the bacteria *Helicobacter pylori*. The helicobacter breath test is a simple way to determine the presence of active *Helicobacter pylori* for the following reasons

- To assess if your symptoms may be related to the infection.
- To assess if a recent course of eradication treatment has been successful.

Your doctor will then be able to decide if you need further treatment for your condition.

Principles of the test

All foods contain a substance called 13 carbon (¹³C) in varying amounts. This can be detected in the carbon dioxide you breathe out of your lungs and the levels of which vary depending on the food you have eaten. You will be asked to drink the 'test meal'. Following the meal, samples of your breath will be taken. These samples will be analysed to measure the normal amount of 13 carbon content in the carbon dioxide in your breath. You will then be asked to drink a solution of 13 carbon-urea. Further samples of your breath will then be taken 30 minutes later and the amount of 13 carbon in the samples measured as before. The results will be compared and a significant increase in the amount of 13 carbon in the second set of samples will suggest to your doctor the *Helicobacter pylori* are present.

Before the test

Please inform your doctor of any medical condition that you have or drugs that you are taking, since some of these may affect or be affected by the test. It is important you inform your doctor if any of the following apply to you.

Medications.

As certain drugs invalidate the test, you must allow a 28 day gap from the following drugs before the test: antibiotics, omeprazole (losec), Lansoprazole (zoton), sulcrafate (antepsin) bismuth, Chelate, (Denol and Pepto Bismuth) If taking antacid drugs like Cimetidine and Ranitidine please do not take them on the morning of the test. Previous eradication therapy for *Helicobacter pylori* should have a 28 day gap before taking the test.

Fasting

If the test is in the morning do not eat or drink overnight and do not eat breakfast. If the test is in the afternoon or fasting is a problem for you, a light breakfast e.g tea and toast is recommended with your doctor's agreement.

Diabetics

If attending for a breath test in the morning, only take half the dose of insulin. If attending in the afternoon, take normal insulin and a light breakfast. Diabetics on tablets attending morning clinic can take them after the test.

Breath Sample (first set)

Breathe gently through the straw into the sample tube until the inside of the sample tube steams up. Continue to breathe through the straw while removing it from the tube which is immediately capped. Repeat by breathing into a second sample tube as above.

Test Drink

You will be asked to drink the recommended test meal (200mls orange juice) after this you should drink the test solution immediately.

Breath Sample (second set)

30 minutes after taking the test solution, two further breath test samples will be taken and you will be able to leave. The test results will be sent to your own GP in approximately one to two weeks from the test.

Negative test result - no helicobacter infection, then continue with the current medication.

Positive test result - take the relevant eradication therapy exactly as prescribed for the full course.

Inconclusive result - a second test may be tried. Your doctor will discuss this with you.

Will you experience any side-effects ?

The test solution contains harmless chemicals that occur naturally in the body. Nearly all patients find it causes no problems but occasionally a stomach upset has been reported. If you do have any problems please consult your doctor.