



Naugatuck Valley
Gastroenterology
Consultants, LLC

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PATIENT PREPARATION

FOR BEST TEST RESULTS:

1. Do not eat or drink for 1 hour prior to taking the test.
2. Do not take any of the following medications for 2 weeks prior to the test:
 - a. All antibiotics
 - b. Bismuth preparations such as Pepto-Bismol
 - c. Proton pump inhibitors (PPIs)
3. The effect of histamine 2-receptor antagonists (H₂RAs) such as Axid (nizatidine), Pepcid (famotidine), Tagamet (cimetidine), and Zantac (ranitidine) or their generic versions may reduce urease activity, which could interfere with test results. H₂RA's may be discontinued 24 to 48 hours before testing.
4. You may continue taking antacids such as sodium bicarbonate (Alka-Seltzer) or calcium carbonate (Rolaids, Tums) prior to testing.

Inaccurate results may be caused by drugs you are taking within 2 weeks prior to this test. These may include:

- Proton pump inhibitors (PPIs) such as Aciphex (rabeprazole), Nexium (esomeprazole), Prevacid (lansoprazole), Prilosec (omeprazole), Prilosec OTC (omeprazole), Protonix (pantoprazole), Zegerid (omeprazole/sodium bicarbonate), and Dexilant (dexlansoprazole)
- Antibiotics
- Bismuth-based drugs (Pepto-Bismol)

TESTING PROCEDURE:

- At the lab you'll be asked to exhale into a blue bag (this is the "baseline" breath sample)
- You will be given a drug solution to drink with a straw
- After drinking the drug solution, you will sit quietly for 15 minutes
- Then you will be asked to exhale into a pink bag