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## **H. pylori Breathtek Prep**

1. No food or drink for 1 hour prior to the test. This includes chewing gum, hard candy, soft candy, etc.
2. No smoking for 1 hour prior to the test.
3. No PPIs which include Prilosec (Omeprazole), Prevacid (Lansoprazole), Nexium, Dexilant, Aciphex, Protonix (Pantoprazole), Zegerid (Omeprazole bicarbonate), or Bismuth preparations (Pepto-Bismol, Tums) for 2 weeks prior to the test. Can take over-the-counter Pepcid (Famotidine) or Zantac (Ranitidine) in place of PPI for these 2 weeks to help with symptoms.
4. No intolerance or allergy to Aspartame.
5. Off ALL antibiotics/antimicrobials for 4 weeks prior to the test.

Disclaimer: This document contains information and/or instructional materials developed by Blair Gastroenterology Associates for the typical patient with your condition. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.