

**Procedure Name:** VHSD – Patient Instructions – Helicobacter Pylori  
**Originating Department:** Virtus – Diagnostics – Hurstville Laboratory

---

## HELICOBACTER PYLORI BREATH TEST

### **Prior to the test:**

- NO antibiotics to be taken for at least 4 weeks before the test.
- No Losec, Somac or Zoton (or any other Proton Pump inhibitors) to be taken for at least 1 week before the test.
- NO Food or drink (including water) for 4 hours (recommended 6 hours prior to the test).

### **Preparation:**

1. Ensure the patient is seated during the test and have a time piece available.
2. Label the balloon with patient name, DOB, start time and barcode number (where applicable).
3. Should you have concerns regarding your current medication and the impact of this on the test, please discuss with your testing/pathology service provider.

### **Performing the test:**

1. Sit down, tip the capsule out and swallow it whole. Wash down the capsule with water from the cup supplied (fill to 2/3 full).
  2. Three (3) minutes later again fill (to 2/3 full) the paper cup with water and drink it.
  3. Wait for seven (7) minutes sitting down.
  4. Take the straw and insert it in the slit, found on the neck of the balloon. Take a deep breath, hold for approximately 10 seconds then blow slowly through the straw into the balloon until it is firm.  
If the balloon is not filled with the first attempt, simply continue to blow until firm.
-

5. Hold the neck of the balloon at the base firmly, remove the straw, twist the neck of the balloon a few times and tie a knot in the neck of the balloon (carefully ensure this knot is tight).
6. Record the finished time on the balloon.

**After the test:**

1. Label the outside of the box with the following:
2.
  - Patient surname and first name
  - DOB
  - Date and time of collection
  - ID barcode number
3. Copy the referral and place it in a specimen bag, which should be sticky-taped to the outside of the box.
4. Place the balloon, all paperwork including the original referral, and left over ID barcode numbers in the box.
5. If the test is urgent, place an urgent sticker on the outside of the box.

THANKS FOR YOUR COOPERATION

---