



BreathTek Instructions

BreathTek is a breath test used to test for H. pylori (Helicobacter pylori), an infection caused by bacteria in your stomach. If your test shows you have H. pylori, you may be given a treatment of antibiotics. After taking antibiotics, your breath test may be repeated to see if the antibiotics helped.

After arriving at our office, you will be taken to an exam room where you will be asked to breath into a small collection bag. You will then be asked to drink a solution before breathing into a second bag. This test takes about 20 minutes.

Please follow these instructions to prepare for your breath test:

2 WEEKS BEFORE TEST

Stop all antibiotics

Stop all Bismuth preparations such as Pepto Bismol.

Stop all proton pump inhibitors (including generic versions) such as Aciphex (rabeprazole), Nexium (esomeprazole), Prevacid (lansoprazole), Prilosec (omeprazole), Protonix (pantoprazole), Zegerid (omeprazole/sodium bicarbonate), and Dexilant (dexlansoprazole).

DAY OF TEST

1 hour before your test: Nothing by mouth

**If you have any questions or concerns, please call our office:
(918) 940-8500**