



The Portland Hospital
for Women and Children

Helicobacter Pylori Breath

Information for Parents

An appointment has been made for your child to have a breath test. This is a non-invasive, safe test used for the detection of Helicobacter Pylori (a bacterial growth) in the gut.

To ensure that this test yields accurate results, your child must be kept nil by mouth for a minimum of 6 hours prior to the appointment. Please also review the instructions below relating to medications your child may be taking.

You will be in the department for approximately 1 hour, during which your child will be asked to drink 200 mls of orange juice and then 5 minutes later to blow into 3 small tubes until a blush of condensation appears. After a further 5 minute interval, your child will be asked to drink a tasteless test solution and then lie on each side for 2 minutes to allow the solution to reach all areas of the stomach.

For the remainder of the test (30 minutes), the child must rest in an upright position, avoiding all food and drink. He/she will then be asked to blow into a further 3 tubes, as at the beginning of the test.

The results of this test will be given to you when you next visit your doctor.

When Medication is to be Discontinued

Antibiotics	28 days
Bismuth compound (eg De-Nol)	28 days
Eradication therapy for Helicobacter pylori	28 days
Pantoprazole	14 days
Omeprazole (Losec)	14 days
Rabeprazole (Pariet)	14 days
Lansoprazole	14 days
Metoclopramide (Maxolon)	On day of test
Domperidone (Motilium)	On day of test
Cisapride (Prepulsid)	On day of test
Ranitidine (Zantac)	On day of test
Cimetidine (Tagamet)	On day of test
Famotidine	On day of test
Nizatidine	On day of test
Gaviscon and antacids	On day of test

Disclaimer

Whilst this leaflet aims to provide you with useful advice and information it must be noted that it should only act as a guideline. Should you have any further concerns about this procedure, it is advisable that you discuss it with your Consultant.

Contact

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