



Balloon Notes

Caring for your child.

Getting Ready for H. Pylori Breath Test

When & Where?

Your child is scheduled for a H. Pylori breath test in the GI outpatient Lab on _____ at _____ am/pm. Our lab is located in the main hospital on the second (2nd) floor at 1935 Medical District Drive, Dallas, TX. Park in the Green parking garage. This garage costs money for parking.

What is H. Pylori?

H. Pylori (*Helicobacter pylori*) is a bacteria that can live in the stomach. It can cause ulcers and/or swelling of the stomach and esophagus. H. Pylori may cause your child to have nausea, vomiting, burping, stomach pain, and/or to lose weight. A H. Pylori breath test tests for this bacteria.

How should I prepare my child for the H. Pylori breath test?

Please tell us if your child is allergic to Phenylalanine.

- Your child should have **nothing** by mouth for **1 hour before** the test (this means no food, liquids, gum, or medicines)
- Your child **should not** take the any of these medicines for **14 days before** the test:
 - Do not stop giving your child medicines until you talk to your child's doctor to be sure it is OK.
 - Zantac[®] (ranitidine)
 - Prilosec[®] (omeprazole)
 - Protonix[®] (pantoprazole)
 - Antibiotics of any kind
 - Prevacid[®] (lansoprazole)
 - Nexium[®] (esomeprazol)
 - Carafate, bismuth, Pepto-Bismol[®]

What will happen during this H. Pylori breath test?

This test is short and pain free. **First**, a nurse will ask your child to blow into a small bag. This will be the "baseline" breath sample. **Then** the nurse will ask your child to drink a special liquid through a straw. **After 15 minutes** the nurse will ask your child to blow into another bag. This will be the "test" breath sample. Both of these breath samples will be sent to special lab for testing.

The lab will send your doctor a report with your child's test results in about a week. After you leave our office, your child may have liquids, food, and medicines as normal.

Please call the doctor's nurse at 214-456-8000 or the GI Lab at 214-456-7857 if you have questions. For more information on H. Pylori you can go to the following web site:
www.naspghan.org