

## Helicobacter pylori exhalation test

**Helicobacter pylori lives in the mucous membrane covering the gastric mucosa, which infects the human stomach, causes local inflammation and is involved in the development of atrophic gastric inflammation, gastric and duodenal ulcers, MALT lymphoma and gastric cancer.**

It is detected by the H. pylori exhalation test, in which the patient receives oral urea. In Helicobacter pylori infection, urea is broken down by bacteria in the stomach into bicarbonate ions and ammonia. Hydrocarbon, converted to carbon dioxide, leaves the body with exhaled air.

### **What preparation does the test require?**

It is not recommended to take antibiotics or bismuth-containing medicines one month before the test, or to take antacids 1 week before the test.

**The test should be taken on an empty stomach, DO NOT drink anything and do not eat food after midnight! Brushing your teeth, rinsing your mouth, menthol candy and smoking are also not allowed.**

**Brush your teeth with a clean, toothpaste-free toothbrush, it is strictly FORBIDDEN to swallow a small amount of brushing water!**

### **Test procedure**

During the test, C-urea is taken orally in the form of a capsule.

- Wait 10 minutes after taking it in, then the patient blows exhaled air into the breathing card for 1-4 minutes. There is a color-coded dot on the card, the colour change of which indicates when the blow can be finished.
- The card must be handed over to the testing assistant
- The assistant immediately inserts it into the measuring device, which automatically displays the measurement result.
- The entire test takes about 20 minutes.

### **The test is contraindicated in the following cases:**

- The test is not recommended in pregnant women.
- It is also not recommended to perform the test in patients in whom part or all of the stomach has been removed.
- Not recommended for people under 18 years of age, or for breast-feeding women, breast-feeding should be discontinued two days after the test.
- Not recommended in case of hypersensitivity to any of the active substances
- If other stomach infections are likely
- If the patient has been taking any antibiotic or bismuth-containing compound in the past month

Thank you in advance for your cooperation!

