

## ***Information regarding routine diagnostic test for gastric bacteria *Helicobacter pylori****

- The test is quick and harmless
- You need to be fasting for 6 hours for solid foods and 2 hours for liquids.
- You should not have smoked or been drinking carbonated drinks for 2 hours before the test.

### **One of the staff will help you perform the breath test, which involves:**

- Sitting up straight
- Taking a deep breath and holding it for 3 seconds
- Exhale a small amount of air outside the breathing bag (Note: Do not inhale again until after next step.)
- In the same exhalation, keep blowing into the breath bag until filled
- Take the tablet Diabact 50 mg. It contains no active ingredient but only the substance urea, also normally produced in the body, and binding agents
- Wait 10 minutes
- Repeat the exhalation on the other side of the bag

Test result will be available shortly after it has been collected. If you are infected with the bacteria, you will be treated with antibiotics and stomach acid suppressants for one week.

