

What Is The Treatment?

- There is not just one medication that cures *H. pylori*. Typically a multi-drug regimen is prescribed for 10-14 days.
- Treatment is often comprised of two antibiotics with a proton pump inhibitor (*a medication to reduce stomach acid and allow any damaged lining to heal*).
- *H. pylori* can sometimes be resistant to antibiotics so it is important to take all medications as prescribed and to completion.
- About 20% of patients may not be cured with one round of medication and may require additional treatment.
- Testing for eradication of *H. pylori* can be performed at least four weeks following treatment via breath test, stool test, or endoscopy with biopsy.
- Successful treatment of *H. pylori* prevents ulcer recurrence and reduces risk of ulcer complications.

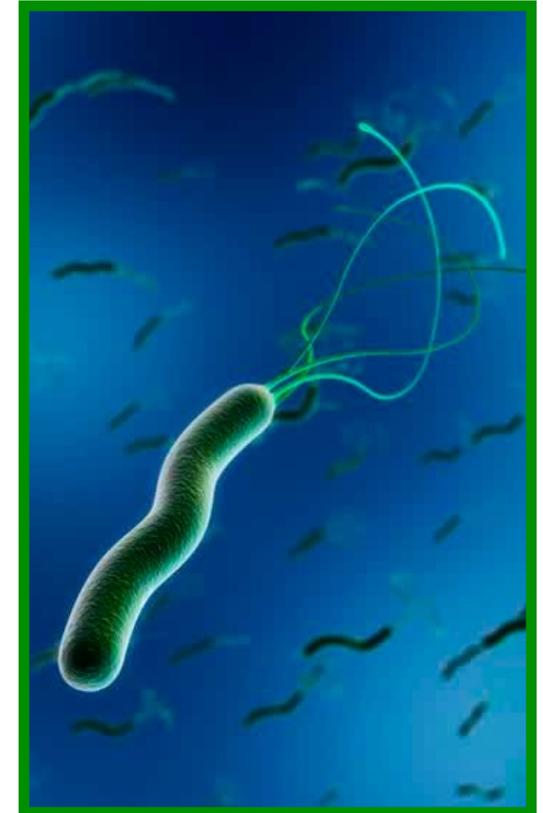
Learn More About *H. Pylori*

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Patient Instructions For *H. pylori* Breath Testing

- Medications known as proton pump inhibitors (*Aciphex, Dexilant, Nexium, Prevacid, Prilosec, Protonix, Rabeprazole, Esomeprazole, Lansoprazole, Omeprazole, Pantoprazole*) can decrease accuracy of breath testing
 - ➔ **Two weeks prior to testing** - Do not take any proton pump inhibitor, bismuth product or carafate. *TUMS* are OK
 - ➔ **Two weeks prior to testing** - Do not take any antibiotics
 - ➔ **Two hours prior to testing** - Do not eat or drink anything.
 - ➔ **One hour prior to testing** - Do not smoke
- Testing will take 25 minutes
- A baseline breath sample will be captured by breathing into a small collection bag
- You will be asked to drink a solution containing phenylalanine (*equivalent to the amount of sweetener in one diet soda*)
- After 15 minutes, a final breath sample is collected
- If you are pregnant, consult with your ob/gyn prior to testing
- Results available in around one week

Helicobacter Pylori



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What Is Helicobacter Pylori?

- Helicobacter pylori, or *H. pylori*, is a bacteria found in the stomach or the first part of the small intestine.
- Approximately 50% of the world population is affected.
- Many people with *H. pylori* have no symptoms and can harbor the bacteria for years without incident.
- *H. pylori* can cause digestive complaints and is the most common cause of peptic ulcer disease.
- In rare instances *H. pylori* may also cause stomach cancer.

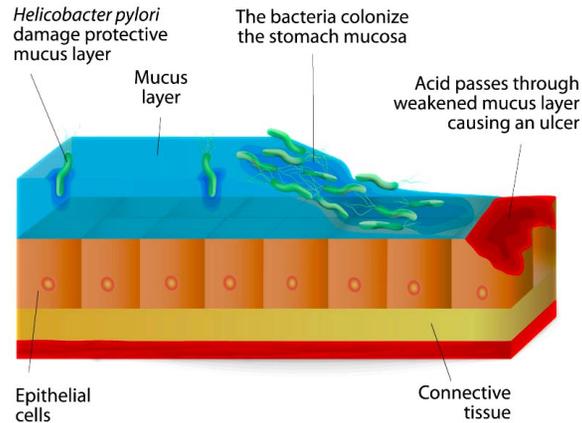
How Do I Get H. pylori?

- *H. pylori* enters the body via the mouth then moves through the digestive system, infecting the stomach or small intestine.
- While the exact mode of transmission is not known, *H. pylori* likely is contracted through person-to-person contact.
- *H. pylori* may be spread by consuming food or water contaminated by feces.
- *H. pylori* is more common in developing countries with untreated water, crowded living conditions, and poor sanitation.

FACT:

H. pylori is the most common chronic bacterial infection seen in humans worldwide

H. pylori Infection



- *H. pylori* makes its home within the mucosal layer of the stomach or small intestine
- The body reacts to this invasion and inflammation develops
- The protective mucosal layer weakens, making it susceptible to damage from stomach acid

What Are The Symptoms?

Most people with *H. pylori* have no symptoms

- Symptoms develop when complications from *H. pylori* occur
- *H. pylori* infection contributes to:
 - Gastritis (*stomach inflammation*)
 - Dyspepsia (*heartburn, bloating, nausea*)
 - Over 80% of stomach ulcers
 - Over 90% of duodenal (small intestine) ulcers
- *H. pylori* infection symptoms may include:
 - Abdominal Pain
 - Bloating
 - Heartburn
 - Loss of appetite
 - Nausea
 - Vomiting

H. pylori and Cancer

Chronic infection with *H. pylori* has been linked to stomach cancer and gastric mucosa-associated lymphoid tissue (MALT) lymphoma.

Lifetime risk for stomach cancer is 1-2% and less than 1% for lymphoma of the stomach.

Stomach cancer is less common in the U.S. and more common in Asia and South America.

It is important to treat *H. pylori* when identified to lower the risk of cancer.

Who Should Get Tested?

- ✓ Anyone with an ulcer or history of ulcer disease should get tested for *H. pylori*
- ✓ Anyone with symptoms of dyspepsia (heartburn, bloating, nausea)
- ✓ Family history of stomach cancer or personal history of stomach cancer

There Are Four Methods To Diagnose H. pylori

- 1) **Endoscopy** - visual exam of the upper gastrointestinal tract while under sedation. Biopsies are taken to test for *H. pylori*.
- 2) **H. pylori Breath Test** - after drinking a specialized solution that is broken down by *H. pylori*, a breath sample is collected to measure levels of carbon dioxide exhaled.
- 3) **Bloodwork** - detects antibodies to the bacteria. This does not distinguish active from previously treated infections.
- 4) **Stool Test** - measures a protein (antigen) associated with *H. pylori*.