

More than 50 percent of the world's population is infected with H pylori. Most of the time, H. pylori infection does not lead to any problems or cause any symptoms. But in some people, H. pylori infection causes peptic ulcer disease, chronic gastritis, gastric adenocarcinoma, and gastric mucosa associated lymphoid tissue (MALT) lymphoma.

Common symptoms associated with H pylori infections are:

- Pain in the upper belly
- Feeling bloated
- Feeling full after eating a small amount of food
- Not feeling hungry
- Nausea or vomiting
- Dark or black-colored bowel movements
- Feeling more tired than usual

At BFAC, we use state-of-art urea breath test (UBT) to detect H pylori infection. The test takes 10-15 minutes from start to finish, and results are available right away. No blood draw or stool sample is required.

**Prepare for the test:**

Do not eat or drink for 1 hour prior to the test

Do not take proton pump inhibitors, bismuth preparation, or antibiotics for 2 weeks, as they decrease the sensitivity of the test.

Examples are PPIs are:

- omeprazole (Prilosec, Prilosec OTC)
- [aspirin](#) and omeprazole (Yosprala)
- [lansoprazole](#) ([Prevacid](#), Prevacid IV, Prevacid 24-Hour)
- dexlansoprazole (Dexilent, Dexilent Solutab)
- [rabeprazole](#) ([Aciphex](#), Aciphex Sprinkle)
- [pantoprazole](#) ([Protonix](#))
- [esomeprazole](#) ([Nexium](#), Nexium IV, Nexium 24 HR)

**Following test:**

If you test positive for H pylori, we will treat you with a course of antibiotics. We will repeat the urea breath test 6-8 weeks after treatment to make sure H pylori is no longer present.