

H. pylori

Helicobacter pylori (H. pylori) is a type of bacteria that can cause digestive issues. Over time, it can cause ulcers and may increase your risk of stomach cancer. Symptoms of infection include bloating, upset stomach, nausea, and fatigue. The BreathTek™ UBiT® is a non-invasive test that uses your breath to detect H. pylori and monitor its treatment. Fasting for one hour before the test is required.

Why should I be tested for H. pylori?

You might consider testing if you experience one or more of the following:

- Persistent or recurrent pain in the stomach area
- Have mild to moderate digestive issues that have not been previously investigated
- Have frequent nausea
- Are persistently bloated or belching often
- Have a burning sensation in your stomach or throat
- Smoke/use tobacco products regularly
- Have discomfort in your stomach/throat when lying down, late at night, or after eating greasy foods
- Are taking an NSAID (aspirin, Motrin, Advil, Aleve, Celebrex, etc.)
- Have a condition called idiopathic thrombocytopenic purpura (ITP)
- Have been told you are iron deficient without a cause

What should I do with the test results?

It is always recommended you meet with a healthcare provider to determine what your laboratory test results mean to you. Your healthcare provider will review all of your test results and, combined with your health history, will be able to provide an accurate course of action.

Some medication could affect test accuracy – NOTE: the discontinuation of prescribed medication should only be done in consult with your doctor.

- PPIs (Prilosec, Prevacid, Nexium, Protonix, etc.)
- Pepto-Bismol
- Antibiotics including treatment for H. pylori

If your results were positive: A positive H. pylori breath test indicates that your signs and symptoms are likely caused by a peptic ulcer due to these bacteria. You should share your results with your healthcare provider who may prescribe a combination of antibiotics and other medications to kill the bacteria and stop the pain and the ulceration.

If your results were negative: A negative test result means it is unlikely that you have an H. pylori infection and your symptoms may be due to another cause. You should share your results with your healthcare provider to see if additional testing is needed to diagnose a potential issue.

What other resources are available to learn more about my health and laboratory tests?

- Lab Tests Online: labtestsonline.org
- WebMD: webmd.com

DLO Direct offers direct access to laboratory testing for informational purposes. A DLO Direct lab test result is not a medical diagnosis and is not intended as medical advice. Only a healthcare provider can interpret lab results and diagnose a medical condition or disease.

Because tests have not been ordered by a healthcare provider, third party entities, including Medicare and Medicaid, will not reimburse for these tests.



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