



Faeces collection: *Helicobacter pylori*

This test examines your faeces for the presence of *Helicobacter pylori* bacteria, which can cause gastritis (inflammation of the mucous membrane of the stomach) or ulcers in the stomach and small intestine.

IMPORTANT!

Many medications, particularly acid-suppressing drugs and antibiotics, can interfere with this test. If you have recently been taking any of these medications, the test may not be able to detect a current infection. However, please discuss your treatment with your doctor before stopping any medications.

This test requires you to collect a sample of your faeces.

IMPORTANT!

DO NOT provide a sample while suffering from diarrhoea.

Medication guidelines:

- **Stop** taking all antibiotics, including antibiotics for *Helicobacter pylori* (Nexium Hp7) at least 4 weeks before the test.

- **Stop** taking bismuth medication 4 weeks before test.
- **Stop** taking proton pump inhibitors (PPIs: Omeprazole, Pantoprazole, Lansoprazole, Rabeprazole, Esomeprazole) at least 1 week before the test.
- **Stop** taking cytoprotectives (Sucralfate), at least 2 weeks before the test.
- You may continue to take H2 receptor antagonists (Ranitidine, Famotidine, Nizatidine, Cimetidine).
- You may continue to take Antacids (Dexal, Eno, Gastrogel, Gaviscon, Mucaïne, Mylanta, Rennie, Salvital).

Please inform your doctor if you will need to temporarily stop taking any of the above medications.

See over for collection procedure



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Collection procedure:

Step 1 Obtain a faeces collection container from your doctor or from your nearest Sullivan Nicolaides Pathology Collection Centre.

For your nearest Collection Centre, please refer to your request form, visit www.snp.com.au, or telephone 1300 732 030.

Step 2 Place a clean receptacle, into the toilet bowl and use this to catch your faeces.

Step 3 Use the scoop on the underside of the faeces collection container lid to collect a sample of faeces about 2.5cm (1 inch) in diameter. Place this sample in the collection container and dispose of the remaining faeces in the toilet.

Step 4 Bring the sample to your nearest Collection Centre without delay. Refrigerate (2–8°C).