

Purpose of the test

Diagnosis of infection with *Helicobacter pylori* and monitoring the effectiveness of the eradication treatment.

Product

- **Helikit®** (¹³C urea: 75 mg; citric acid: 1.4 g to be diluted in 200 ml of water) - Mayoly-Spindler Laboratories.

OR

- **Helicobacter Test Infai®** (¹³C urea: 75 mg for adults and adolescents over the age of 12 - or 45 mg for children under 12 years) - Bioprojet Pharma Laboratories
 - + 200 ml of 100 % concentrated orange juice (not supplied)
 - or + 1 g of citric acid to dilute in 200 ml of water (not supplied)

Pre-analysis precautions

- Subject at rest, **fasting for at least 6 hours** (no drinking, no eating, no smoking)
- 3 types of medications to be prescribed at different times before the test:
 - **Antibiotics** (systemic route or, for some, ocular)
to stop taking at least 4 weeks before the test
 - **Proton-pump inhibitors**
to stop taking at least 2 weeks before the test
 - **Antacids and gastrointestinal protectants**
to stop taking at least 24 hours before the test

(As a guide, the names of some of these drugs are listed at the end of the Protocol).

Protocol

- Roll-out of the protocols:

| HELIKIT protocol | INFAI protocol |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| Clearly identify 2 T0 tubes and 2 T30 tubes | Clearly identify 2 T0 tubes and 2 T30 tubes |
| Dissolve the citric acid in 200 ml of water | Collect the expired air in the 2 T0 tubes |
| Have the patient drink 100 ml of the citric acid solution | Have the patient drink 200 ml of orange juice or the citric acid solution |
| Collect the expired air in the 2 T0 tubes | Dissolve the ¹³ C urea in 30 ml of water |
| Dissolve the ¹³ C urea in the remaining 100 ml of citric acid solution | Have the patient drink 30 ml of the ¹³ C urea solution |
| Have the patient drink 100 ml of the ¹³ C urea solution | Immediately activate the timer for 30 minutes |
| Immediately activate the timer for 30 minutes | Collect the expired air in the 2 T30 tubes |
| Collect the expired air in the 2 T30 tubes | Transfer the 4 test tubes in a bag |
| Transfer the 4 test tubes in a bag | |

Detail of stages

● Collect the expired air in the T0 and T30 tubes:

- unscrew the cap from the tube
- insert the straw to the bottom of the tube
- **the patient must blow gently through the tube for at least 15 seconds** (condensation will appear in the tube)
- remove the straw while the patient continues to blow
- **reseal the tubes quickly and securely**
- the tubes must not be contaminated with saliva

● Transfer of samples:

- **do not transfer the tubes in the cardboard box of the kit**
- place the four (clearly identified) tubes of a single patient's breath test in a red bag, (room temperature) carefully closed.

Drugs to prohibit before the test

Proton-pump inhibitors (PPI), to stop taking at least 2 weeks before the test:

- Omeprazole: Mopral[®], Zoltum[®]
- Esomeprazole: Nexium[®]
- Pantoprazole: Inipomp[®], Eupantol[®]
- Rabeprazole: Pariet[®]
- Lansoprazole: Lanzor[®], Ogast[®]

Antacids and gastrointestinal protectants to stop taking at least 24 hours before the test:

- | | | |
|---------------|----------------|-----------|
| ● Acridine | ● Marga | ● Riopan |
| ● Actapulgate | ● Moxydar | ● Rocgel |
| ● Bedelix | ● Neutroses | ● Siligaz |
| ● Bolinan | ● Pepsane | ● Smecta |
| ● Gastropax | ● Phosphalugel | ● Xolaam |
| ● Kaomuth | ● Polysilane | |
| ● Maalox | ● Rennie | |