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What is H pylori?

Helicobacter pylori (*H. pylori*) is a type of bacteria. Researchers recently discovered that *H. pylori* causes almost all peptic ulcers, accounting for 80 percent of stomach ulcers and more than 90 percent of duodenal ulcers.

H. pylori infection is common in the United States: about 20 percent of people under 40 and half of people over 60 are infected with it. Most infected people, however, do not develop ulcers. Why *H. pylori* doesn't cause ulcers in every infected person is unknown. Most likely, infection depends on characteristics of the infected person, the type of *H. pylori*, and other factors yet to be discovered.

Researchers are not certain how people become infected with *H. pylori*, but they think it may be through food or water.

How is Helicobacter pylori diagnosed?

There are several ways to determine the presence of *H. pylori*:

1. Blood Tests can determine the presence of antibodies to the bacteria.
2. Biopsy of the stomach can be used to determine the presence of *H. Pylori*. Using a CLOtest.
3. The Urea breath test (i.e., PYtest)

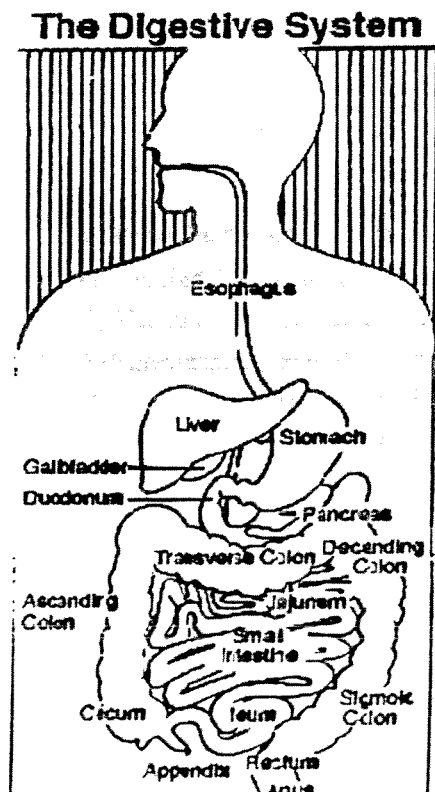
How is Helicobacter pylori infection treated?

Today, *H. pylori* can be successfully eradicated using a combination of certain antibiotics and medicines that suppress stomach acid production, such as proton pump inhibitors, which work upon cells in the stomach wall to reduce the amount of acid released into the stomach chamber.

In most people such treatment will get rid of the infection. However, it might come back later in some people.

Points To Remember:

- A peptic ulcer is a sore in the lining of the stomach or duodenum.
- Most peptic ulcers are caused by the *H. pylori* bacterium. None are caused by spicy food or stress.
- H. pylori* may be transmitted from person to person through contaminated food and water.
- Always wash your hands after using the bathroom and before eating.



The urea breath test (i.e., the PYtest) is the only diagnostic test that can determine the presence of H. Pylori without the use of a scope. It is safe.

How does the PYtest work?

accurate, easy to perform, and much less expensive than a scope and biopsy for diagnosis.

The PYtest capsule contains sugar beads coated with small amounts of a chemical called urea. Urea is naturally found in the human body, and the amount in the capsule is smaller than the head of a pin. The urea in the PYtest has been 'labeled' with a naturally occurring radioactive tracer called carbon-14, so it can be detected after it is taken into the body.

After the capsule is swallowed, it takes about three minutes to dissolve in the stomach. If the C-urea comes into contact with H. pylori, it is immediately broken down into C-carbon dioxide and ammonia. The carbon dioxide enters the bloodstream and is exhaled by the patient.

Ten minutes after ingesting the capsule, a breath sample is collected in a balloon. The breath sample is then analyzed; if enough of the C is present, the patient has H. pylori.

If H. pylori is not present the C-urea simply washes through the stomach and is passed in the urine.

What risks are involved with the PYtest?

There have been no reported adverse reactions to the PYtest capsule. Although the PYtest does contain a tiny amount of radiation, it is no more than an average person receives every day (background radiation).

What instructions must I follow before taking the PYtest?

- You must not eat or drink for at least six hours before your test. If you have taken any antibiotics in the past month
- please let your physician know before taking the test. The test will need to be postponed until you have been off antibiotics for one month.
- If your physician has been giving you medications including: Prilosec (Omeprazole) Prevacid, Kapidex, Zegerid, Protonix (Pantoprazole) or Carafate, please do not take for two weeks prior to your test.
- In place of the above listed medications, Pepcid or Zantac may be substituted.
- Do not take Pepto Bismol for one month prior to the test.

Although the radiation dose is extremely small, the test has not been sufficiently tested in children or pregnant women. If there is a possibility that you may be pregnant, you may choose not to have the test unless you have had a negative pregnancy test.

Where is the PYtest performed and how long will it take?



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The test will take approximately thirty minutes. You will be instructed to swallow the PYtest capsule with a small amount of water and then blow into a balloon after 10 minutes. You may resume all normal activities and eat immediately after the test. Results should be available within a few days of completing the test or sooner if analysis is done where your test was performed.

- Your appointment is on _____ (date) at _____ (time)