

Helicobacter Pylori Infection

What is Helicobacter Pylori (H.pylori) infection?

Helicobacter Pylori is a bacteria that infects your stomach and the first part of your small intestine (duodenum). This can cause swelling and redness (inflammation). It can cause open sores in your stomach and duodenum called peptic ulcers. If this bacteria is not treated over time it can cause cancer.

How did I get H.pylori?

It can be passed or spread from person to person by the mouth through saliva, such as by kissing, or sharing drinks. It may also be passed by direct contact with vomit or stool.

How is H.pylori treated?

You will be given a prescription of a two-week course of a combination of medications which include acid suppressing medication and two antibiotics. It is important to complete this course of medications and take them as prescribed for the full 14 days to completely kill and remove the bacteria from your body.

It is important not to drink alcohol with this treatment. It is normal to have some nausea as the medication is strong. We recommend you take the antibiotics with meals.

How do I know the H.pylori bacteria is gone once treated?

Your doctor will order an H.pylori stool test or an H.pylori breath test which will be done 4 weeks after you finish your antibiotic treatment. It is important that you STOP ALL ACID-REDUCING MEDICATIONS 2 WEEKS BEFORE DOING ONE OF THESE TESTS to have accurate results.

If the test is negative then you are finished with treatment for H.pylori and you are no longer infected.

However, if you test positive for H.pylori after being treated once, then the doctor will give you another combination of medications to treat this and then test you again after 4 weeks of completing this course.