

Instructions for H. pylori Treatment

It has been determined that you are positive for H. pylori, a bacteria in your stomach that makes you prone to ulcers. This must be treated in a 3-step process:

STEP 1: Begin treatment for H. pylori.

- Prescriptions have been sent to your pharmacy. You will start a 2-week course of treatment. **Do not** miss any doses.
- The antibiotics ordered for you can upset your stomach. Increase probiotic intake by eating yogurt or drinking kefir (a yogurt like drink) daily while taking these.

STEP 2: After taking the last dose of the above prescriptions, you must wait four weeks before moving to step 3. You will remain off the following stomach medications during this time:

- Antibiotics, including specific therapy for H. pylori.
- Carafate (Sucralfate)
- Bismuth containing medications including:
 - Pepto Bismol
 - Bismatrol
 - Pink Bismuth
 - Devrom
 - K-C
 - Kaodine (Kaopectate)
- Proton Pump Inhibitors including:
 - Prilosec (Omeprazole)
 - Prevacid (Lansoprazole)
 - Protonix (Pantoprazole)

NOTE: Malox, Mylanta, Roloids, Alka Seltzer and Tums are OK

STEP 3: You must be re-tested to ensure the medications have been effective. After completing step 2, go to any Salem Health laboratory location to pick up supplies to submit a stool sample to re-test for H. pylori. You will collect the stool sample at home and return it to the Regional Lab location on State St.

Instructions for this test:

- You will need a sterile specimen container.
- Fresh stool is good for 2 hours at room temperature or 72 hours in the refrigerator.

Salem Health

Laboratory Locations

Regional Lab
3300 State St
Salem, OR 97301

Salem Hospital
890 Oak St SE
Salem, OR 97301

West Valley Hospital
525 Washington St
Dallas, OR 97338

Monmouth Medical Center
512 Main St
Monmouth, OR 97361