

Helicobacter Pylori

Endoscopy Department



Patient information leaflet

You will only be given this leaflet if you have been tested for *Helicobacter Pylori*. Diagnosis is made by taking a sample of the stomach lining whilst you are having an Endoscopy. The test is called a CLO test. This information below outlines the condition, the causes and the treatment.

What is it?

Helicobacter Pylori is a bacterium which can be found in the stomach lining. *Helicobacter Pylori* is increasingly being recognised as an important underlying cause of stomach disorders including ulcers and can predispose to stomach cancer.

Why does it occur?

Helicobacter pylori (commonly called *H. pylori*) is a bacterium (germ). It can infect the lining of the stomach. It is one of the most common infections in the UK although it is getting less common as time goes by. More than a quarter of people in the UK become infected with *H. pylori* at some stage, and often early in their life. Once you are infected, unless treated, the infection usually stays for the rest of your life and can increase the chances of developing ulcers in the gastrointestinal tract.

What does treatment/management involve?

H. pylori is killed by certain antibiotics. A combination of medicines is needed to get rid of it completely. Combination therapy is called triple eradication therapy as it involves three medicines – two antibiotics and an acid-suppressing medicine. This allows the antibiotics to work well in the stomach. You need to take this combination therapy for at least a week. It is important to take all the medication exactly as directed and to take the full course.

The benefits of the treatment?

Combination therapy clears *H. pylori* in up to 9 in 10 cases if it is taken correctly for the full course.

What are the risks/side effects of the treatment?

If you do not take the full course then the chance of clearing the infection is reduced. Some people may have side effects to antibiotics and acid suppressing medications. If you are uncertain about your medications, please contact the endoscopy department or your GP.

What happens after the treatment?

After combination therapy a test may be advised to check that *H. pylori* has been eradicated. If a test is done, it needs to be done at least four weeks after the course of combination therapy has finished. In most cases the test is negative meaning that the infection has gone. If the second test is positive, then a repeat course of combination therapy, with a different set of antibiotics, may be advised.

Is there any alternative treatment?

Antibiotics are the only treatment which will eradicate infection with *H.pylori*.

Contact

Please contact the Endoscopy Unit for the result of your CLO test; this should take less than 24 hours. Contact the Unit after 09:00 Monday to Friday on **(01483) 571122 ext 4930**.

If you require further information or advice, please feel free to contact the Endoscopy Unit between 9am–6pm Monday to Friday on **(01483) 571122 ext 4409**. Out of hours advice can be obtained from your local Accident and Emergency Department or GP.

Reference sources

- <https://patient.info/health/dyspepsia-indigestion/stomach-pain-helicobacter-pylori>
- <https://patient.info/doctor/helicobacter-pylori-pro>

Contact details

If you require further information or advice, please feel free to contact us.

Endoscopy Unit

Telephone: 01483 571122 **ext** 4409 (8am–6pm, Monday to Friday)

During out of hours, advice can be obtained from your local accident and emergency department or GP.

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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