

Your Pathway for Managing *Helicobacter pylori* (adults)

What is *H. pylori*?

- A type of bacteria which can infect the stomach.
- Having this bacteria increases the risk of pain or discomfort in the stomach, ulcers, and rarely stomach cancer.
- Usually cared for by healthcare providers in your family doctor's office.

What is the *H. pylori* patient pathway?

It is a map for you and your healthcare providers to follow. It makes sure the care you are getting for *H. pylori* is safe and helpful in managing your symptoms.

You and your healthcare providers may modify the pathway to best suit your healthcare needs.

If symptoms cannot be managed over time and the infection cannot be cleared with medications, you and your healthcare providers may decide a referral to a specialist would be helpful.

1. Check your symptoms

- Pain or discomfort in the upper part of the stomach, often after meals
- Feeling uncomfortably full after eating
- Loss of appetite

2. Tests that may be done

- Breath or stool test
- Blood tests
- Other tests are rarely needed

3. Treatment for *H. pylori*

- You will be given medications, including antibiotics and an acid blocker to clear the *H. pylori* infection.
- It is important you complete the full treatment.
- If you have side effects, speak to your healthcare providers before stopping.
- When treatment is complete, follow up with your healthcare providers to confirm the *H. pylori* is gone
- Multiple rounds of treatment with different medications may be required.

Tell your healthcare providers if you have these symptoms:

- Stool that is black in colour or has blood in it
- Trouble swallowing or pain while swallowing food
- Feeling that food gets stuck while swallowing
- Vomiting that doesn't stop
- Vomiting with blood in it
- Losing weight without meaning to

Talk to your healthcare providers if your symptoms don't improve, get worse, or keep interfering with your everyday activities

Once you find something that works for you, stick with it.

You may need to keep trying other options to find what works best to manage your symptoms.



What do I need to know about my symptoms and *Helicobacter pylori*?

Working through the *H. pylori* patient pathway can take several months:

- Your healthcare providers will ask you questions about your health and review any medicines you are taking.
- *H. pylori* is diagnosed and confirmed using a breath or stool test.
- Endoscopy is rarely needed.
- Medications are recommended to treat *H. pylori*.
- It is important you complete all the medications given to you in the treatment.
- Multiple rounds with different medications may be required.
- You also will need to follow up with your healthcare providers to ensure the *H. pylori* infection has been cleared after completing treatment.

Seeing a specialist is only recommended if:

- Your symptoms continue or get worse following multiple rounds of treatment and management options in the *H. pylori* pathway.
- Symptoms continue even after the *H. pylori* infection has been successfully cleared.
- You and your healthcare providers identify concerning symptoms or test results.

You can find more information in the great resources below:


- Canadian Digestive Health Foundation cdhf.ca
* search H. pylori
- MyHealth.Alberta.ca myhealth.alberta.ca
* search H. pylori

Write any notes or questions you may have here:

Please provide feedback about this patient pathway by completing a short [survey](https://bit.ly/DHSCNSurvey) (bit.ly/DHSCNSurvey) or email us at Digestivehealth.SCN@ahs.ca



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