



H. Pylori Infection Guidelines

Testing

Test all with active peptic ulcer disease (PUD), history of PUD (without prior HPylori Tx), Dyspepsia, and Gastric MALT lymphoma.

If the patient has previously been treated do not use serum testing.

Testing results are improved if the patient has been off all Proton Pump Inhibitors (PPI's) for 2 weeks prior to testing.

Alarm Symptoms

Weight loss Dysphagia Recurrent vomiting Family history of stomach/esophageal cancer Jaundice	GI bleeding Abdominal mass Clavicular lymphadenopathy Anemia
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Treatment Decisions **

If alarm symptoms are present	→	Start PPI, d/c nsaid, refer for endoscopy or to ER
< 55 yo & no alarm symptoms	→	Start PPI, d/c nsaid, test for HPylori and treat if +
≥55 yo & no alarm symptoms	→	Endoscopy OR Consider waiting for endoscopy until after treatment. Response to treatment can be used as a test of cure

**A history of alcohol abuse or smoking is another consideration that may lower the threshold for endoscopy referral

Treatment Regimens and Approximate Costs

Preferred - *Quadruple Therapy* –

PPI, Amoxicillin 1 g, Clarithromycin 500 mg & Metronidazole 500mg
(all BID for 10 days)

Cost - ~\$60 using Cross-Over's Pharmacy for PPI (Nexium 40mg); Sam's Club and GoodRx for Clarithromycin; any outside pharmacy for Amoxicillin and Metronidazole.

Alternative, Cheaper, less efficacious Quadruple –

Azithromycin 250mg 2 tab BID for 3 days as a substitute for clarithromycin, along with the other 3 meds as above for 10days

Cost - ~\$35 if using Cross-over for PPI & Azithro; WalMart with goodrx coupon card for others

Other Acceptable – *Triple Therapy* –

PPI, Amoxicillin 1 gm, Clarithromycin 500 mg

(All BID for 14 days)

Cost - ~\$50 using Cross-over for PPI; Walmart with goodrx coupon for Clarithromycin and Amoxicillin.

Alternative, Cheaper, Less efficacious Triple Therapy Option-

Azithromycin 250mg 2 tab BID for 3 days to substitute for the clarithromycin, along with the other 2 meds for 14 days

Cost - \$13 using Cross-over for the azithromycin and PPI and outside pharmacy for the amoxicillin

Reference- "Diagnosis and Treatment of Peptic Ulcer Disease & HPylori Infection"
Am Fam Physician. Physician. 2015 Feb 15;91(4):236-242.