**H. Pylori Infection Best Practices**

***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.

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

**T**reatment Decisions \*\*

If alarm symptoms are present → Start PPI, d/c nsaids, refer for endoscopy or to ER

< 55 yo & no alarm symptoms → Start PPI, d/c nsaids, test for HPylori and treat if +

≥55 yo & no alarm symptoms → Endoscopy or consider treating first to see if symptoms resolve before ordering endscopy

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

**First Line Treatment Regimens with Approximate Costs**

1. **Clarithromycin\* Triple Therapy –** all meds x 14 days

Clarithromycin 500 mg BID x 14 days

PLUS Amoxicillin 1 gram BID OR metronidazole 500 mg TID x 14 days

PLUS PPI BID x 14 days

-Cost using Goodrx for all scripts: $45-60

1. **Clarithromycin Quadruple Therapy –** all med for 10-14 days

Clarithromycin\* 500 mg BID

PLUS Amoxicillin 1 gram BID

PLUS metronidazole 500 mg BID

PLUS PPI BID

-Cost using Goodrx for all scripts: $55-80

1. **Bismuth Quadruple Therapy –** all meds x 14 days

Bismuth subsalicylate 300-526 mg 4x/day\*\*

PLUS tetracycline 500 mg 4x/day

PLUS metronidazole (250 mg or 500 mg) 4x/day

PLUS PPI BID

\*\*Generic Pepto Bismol usually comes in 262 mg tablets, so pt. would take 2 tabs 4x/day and buy this OTC

-Cost using Goodrx for all scripts and buying OTC generic Pepto: $67-87

-Standard doses of orally administered proton pump inhibitors include: Lansoprazole 30 mg daily, omeprazole 20 mg daily, pantoprazole 40 mg daily, rabeprazole 20 mg daily, or esomeprazole 20 mg daily.

\*For a less efficacious but cheaper alternative to regimens above, clarithromycin can be substituted with Azithromycin 500 mg BID x 3 days (Clarithromycin is $17-30 and Azithromycin is $12-20 with Goodrx)

**After treatment, patient should have a test of cure with stool testing at least 4 weeks later. Patient should be off of PPI for at least one week prior to re-testing.**

Reference:

Fallone CA, Chiba N, Van Zanteri et al. The Toronto Consensus for Treatment of Helicobacter pylori infection in Adults. Gastro 2016; 15:51.

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