

# stomach ulcer (H. pylori) rapid test

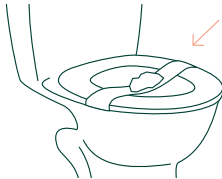


**PLEASE NOTE:** this leaflet must be used alongside the Instructions for use.

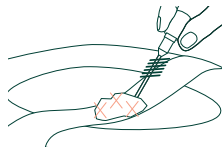
This self-test kit can be used by adults (aged 18 or over), or by those under 18 with the supervision of an adult. This test involves collection of a stool sample, which can be performed at home. This test is not suitable for diagnosis; it is a screener test that gives an indication for H. pylori infection.

Helicobacter pylori (H. pylori) is a type of bacteria that enters your body and lives in your digestive tract. This bacteria can cause stomach ulcers, also known as gastric ulcers, which are sores that develop on the lining of the stomach. You can also get ulcers in part of the intestine just beyond the stomach, which are called duodenal ulcers or peptic ulcers. In some cases it can lead to stomach cancer. After H. pylori enters your body, it attacks the lining of your stomach, which usually protects you from the acid your body uses to digest food. Once the bacteria have done enough damage, acid can get through the lining, which leads to ulcers. These may bleed, cause infections, or keep food from moving through your digestive tract. H. pylori bacteria are usually passed from person to person through direct contact with saliva, vomit or stool. H. pylori does not typically cause symptoms, it can cause stomach ulcers or gastritis, an inflammatory stomach condition.

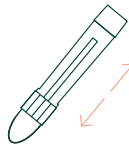
- 1** Collect specimen from stool collection paper.



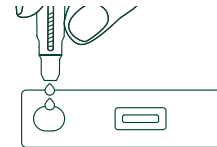
- 2** Unscrew the cap of the specimen collection tube. Insert the blue applicator into the stool in at least three different places.



- 3** Screw on and tighten cap shaking specimen to mix with buffer.



- 4** Break the tip and release 2 drops of the specimen into the specimen well.



## MATERIALS PROVIDED

- Test cassette
- Specimen collection tube with extraction buffer
- Stool collection paper
- Product summary leaflet
- Instructions for use

## MATERIALS NOT PROVIDED

- Timer
- Specimen container

Scan for video  
instructions and  
results guidance






## Understanding your stomach ulcer rapid test results

Once you have collected your sample and performed your test, you must wait 10 minutes before you read the results. **Do not interpret the result after 20 minutes.**

**Read results at 10 mins.**

Symptoms of stomach ulcers or gastritis from *H. pylori* include:

- Dull or burning stomach pain
- Bloating
- Nausea
- Unexplained weight loss
- Vomiting
- Burping or acid reflux
- Poor appetite

 <p><b>Positive</b></p>	<p><b>A result showing as positive</b></p> <p>If your test result shows two coloured lines in both the control (C) and test (T) regions, it means the <i>H. pylori</i> antigen has been detected in your stool sample. The intensity of the line in the test (T) region can vary depending on the concentration of <i>H. pylori</i> in the sample, so any visible line should be considered positive.</p> <p>A positive result indicates that you have <i>H. pylori</i> bacteria in your digestive tract. For some people this will not cause any symptoms, but others may experience digestive issues such as heartburn, indigestion, gastritis (inflammation of the stomach) or stomach ulcers<sup>1</sup>.</p>	<p><b>What next?</b></p> <p>This test can only detect the presence of <i>H. pylori</i> antigen in your stool and not whether it has caused stomach ulcers. It is very common to have an <i>H. pylori</i> infection, over half the world's population has it<sup>1</sup>. But to understand whether its presence is causing any other problems, you should seek advice from a healthcare professional, who can confirm your result and decide if further investigations are required. They will also discuss what treatment is needed.</p>
 <p><b>Negative</b></p>	<p><b>A result showing as negative</b></p> <p>"If your test result shows one coloured line in the control (C) region but not in the test (T) region, it means that no <i>H. pylori</i> antigen has been detected in your stool sample.</p>	<p><b>What next?</b></p> <p>It is important to note that stomach ulcers can also be caused by erosion from stomach acids, so if you are experiencing symptoms such as burning or pain in the centre of the stomach as well as indigestion, heartburn, and acid reflux, you may still have a gastrointestinal issue that warrants closer inspection. Therefore, we would encourage you to seek help and advice from a healthcare professional if these problems persist. There are also some steps you can take to minimise your chances of getting stomach ulcers in the future. These include, refraining from using anti-inflammatory drugs such as aspirin and ibuprofen too frequently, avoiding smoking and not drinking too much alcohol.</p>
 <p><b>Invalid</b></p>	<p><b>A result showing as invalid</b></p> <p>If control line (C) fails to appear or only appears next to the test line (T) it is likely there was an insufficient volume of specimen to test, or the incorrect testing procedure was followed.</p>	<p><b>What next?</b></p> <p>We recommend that you take another test. If this problem persists, please contact our customer care team at <a href="mailto:care@myhealthchecked.com">care@myhealthchecked.com</a> for further assistance.</p>

Reference:

1. Brown, Linda Morris. "Helicobacter pylori: epidemiology and routes of transmission." *Epidemiologic reviews* 22.2 (2000): 283-297.