

Date: 10 January 2017 1:50 pm

Topic: H.pylori

DRUG	DOSE
Confirmed infection	
(Losec Hp7 OAC)	
Clarithromycin	500mg po 12 hourly
<i>and</i>	
Amoxicillin	1g po 12 hourly
<i>and</i>	
Omeprazole	20mg po 12 hourly
Alternative therapy	
Clarithromycin	500mg po 12 hourly
<i>and</i>	
Tinidazole	500mg po 12 hourly
<i>and</i>	
Omeprazole	20mg po 24 hourly

Treatment Duration:

7 days only

Notes:

- *Helicobacter pylori* is associated with virtually all duodenal ulcers not attributable to NSAIDs and about two-thirds of gastric ulcers. Its eradication greatly reduces the relapse rate of associated peptic ulcers.
- The gold-standard for diagnosis is gastroscopy with multiple biopsies which can be tested for urease production and/or cultured.
- *H. pylori* eradication therapy is fully funded by Pharmac. Losec Hp7 OAC is a seven-day pack containing omeprazole, amoxicillin and clarithromycin, which has an eradication rate of ~85%.
- Failures are commonly associated with resistance to metronidazole, clarithromycin or both. A negative biopsy, breath test or faecal antigen test, 4 or more weeks after completing the course of treatment, indicates cure rather than temporary suppression.
- The other regimen mentioned above has been shown to be very successful ~ 90% and is of short duration (only seven days) but is more expensive for the patient, who would pay 3 prescriptions fees rather than one.
- If in doubt, seek advice from the Gastroenterology Service.

Recommended regimens for *Helicobacter pylori* eradication in adults

Recommended regimens for <i>Helicobacter pylori</i> eradication in adults			
Acid suppressant	Antibacterial		
	Amoxicillin	Clarithromycin	Metronidazole
Omeprazole 20 mg twice daily	1 g twice daily	500 mg twice daily	—
	500 mg 3 times daily	—	400 mg 3 times daily
	—	250 mg twice daily	400 mg twice daily
Lansoprazole 30 mg twice daily	1 g twice daily	500 mg twice daily	—
	1 g twice daily	—	400 mg twice daily
	—	250 mg twice daily	400 mg twice daily
Pantoprazole 40 mg twice daily	1 g twice daily	500 mg twice daily	—
	—	250 mg twice daily	400 mg twice daily
Rabeprazole 20 mg twice daily	1 g twice daily	500 mg twice daily	—
	—	250 mg twice daily	400 mg twice daily

Sensitivity / Specificity Diagnostic Tests for <i>H.pylori</i>		
	Sensitivity (%)	Specificity (%)
Serum	88-94	74-88
Whole Blood	67-88	75-91
Serum ELISA	86-94	78-95
Salivary Antibody	65-89	72-90
Urea Breath Test	90-96	88-98
Biopsy Urease Test	88-95	95-100
Stool Antigen	86-94	86-95
Histology	93-96	98-99
Culture	80-98	100