

Date: January 18th, 2022
To: All SHA Practitioners and Laboratories
From: Laboratory Medicine – Microbiology Provincial Discipline
Re: Discontinue of *Helicobacter pylori* Serology Testing

PLEASE POST AND DISTRIBUTE AS WIDELY AS APPROPRIATE

Key Messages:

- As of January 31st, 2022, Roy Romanow Provincial Laboratory (RRPL) will discontinue performing *H. pylori* serology.
- All requests for *H. pylori* serology received after January 31st, 2022 will require consultation with a Regina Microbiologist on call at (306) 798-1234.

Why this is important:

- Serologic evaluation of patients to determine the presence/absence of *Helicobacter pylori* (*H. pylori*) infection is no longer considered clinically useful.
- Alternative noninvasive testing methods such as the stool antigen test (SAT) which detects the presence of the bacteria has demonstrated higher clinical utility, sensitivity, and specificity and are recommended as one of the preferred testing modalities for active *H. pylori* infection.

Actions Required:

- If *H. pylori* serology is required, contact the Regina Microbiologist on call (306) 798-1234 for approval.
- Order ***H. pylori* Stool Antigen Test** for both the diagnosis and confirmation of eradication of *H. pylori* infection post antibiotic therapy in adult and pediatric patients.
- ***H. pylori* antigen must be clearly checked or written on a laboratory requisition.**
 - The ideal specimen is an unpreserved or “fresh” stool sample submitted in a sterile container and promptly transported to the lab. If greater than 4 hour delay in transport is anticipated, specimens should be refrigerated or frozen.
 - **In order to minimize the likelihood of a false negative result**, antimicrobials, proton pump inhibitors and bismuth preparations should not be used for the period indicated before collecting the specimen for the *H. pylori* SAT:
 - Proton pump inhibitors (H+, K+ - ATPase Inhibitor): **14 days**
 - Histamine blockers or H2 antagonists e.g., Pepcid, Tagamet, Axid and Zantac can be used as an alternative means of acid suppression during this time.
 - Bismuth preparations, e.g., Pepto-Bismol: **14 days.**

Inquiries and feedback may be directed to:

- Regina Microbiologist on call at (306) 798-1234