

## Sampling for patients with evidence of persistent *Helicobacter pylori* infection

- *Helicobacter pylori* culture is performed in patients with evidence of persistent infection in order to establish antibiotic susceptibilities.
- Persistent infection may be indicated by persistently positive *Helicobacter pylori* faecal antigen, Clo testing, Urea Breath testing or gastric biopsies despite standard treatment
- The cultures are performed in the Gastrointestinal Bacteria Reference laboratory in London.

**Specimen required:** Gastric biopsy

### Preparation for the biopsy

- Patient need to stop proton-pump inhibitors (PPI) for 2 weeks and antibiotics for 4 weeks prior to procedure
- Bookings team to list patient with enough lead in time for stopping PPI /antibiotics
- The biopsy should **not** be performed on a Friday as this will delay the culture arriving in the reference laboratory

### Instructions to optimise growth of *Helicobacter spp* from gastric biopsy material

- Perform multiple gastric biopsies (5-6) - at least 2 from the antrum and 2 from the anterior and posterior corpus respectively.
- Do not pool biopsies; the organism can be lost if one biopsy cross contaminates others.
- All specimens should be taken with sterile forceps before the histology specimens are taken, to reduce risk of contamination.
- Each biopsy should be placed in a separate universal container and covered in sterile saline.
- Labels should be printed from ICE and specimen containers labelled.

### After the biopsy

- Call microbiology on x46222 to let them know the sample is on its way
- Send sample immediately to Level 8 with a porter; do not wait until the end of the list.
- Microbiology will organise delivery to the Gastrointestinal Bacteria Reference Laboratory within 24 hours
- Results should be available on ICE within 15 days