

***Helicobacter pylori* Eradication**

- Eradication rates are variable dependent upon regimen.
- It may be necessary to monitor eradication.
- Optimal therapy to eradicate *H. pylori* has not been established.

Note: Acid suppressant therapy is not required after eradication of *H. Pylori* in an uncomplicated duodenal ulcer.

Treatment Regimens

1st choice

Available as 'Heliclear triple pack'

Lansoprazole 30mg PO 12 hourly for 1 week

plus

Amoxicillin 1 g PO 12 hourly for 1 week

plus

Clarithromycin 500mg PO 12 hourly for 1 week

Penicillin allergy / intolerance

Lansoprazole 30mg PO 12 hourly for 1 week

plus

Clarithromycin 500mg PO 12 hourly for 1 week

plus

Metronidazole* 400mg PO 12 hourly for 1 week

Macrolide allergy / intolerance

Lansoprazole 30mg PO 12 hourly for 1 week

plus

Amoxicillin 1 g PO 12 hourly for 1 week

plus

Metronidazole* 400mg PO 12 hourly for 1 week

*Metronidazole resistant strains do not necessarily cause treatment failure. Patients should be advised not to drink alcohol for the duration of metronidazole therapy and for at least 48 hours after stopping treatment to avoid a possible disulfiram-like reaction.

Treatment Failure (2nd Line Therapy)

If one of the above regimens fails to eradicate *H. pylori*, do **not** repeat the course. Refer to the Gastroenterologists for advice, as quadruple therapy including a bismuth preparation may be necessary.