

H. Pylori Ulcers: Six Signs, One Test

The six signs of a peptic ulcer, the treatment course, and the one test that proves the bacteria are actually gone.

✓ **Verified against published guidance** from Mayo Clinic, NIDDK (NIH) & Harvard Health · sources below

Mayo Clinic says to get medical help right away for sharp, sudden or very bad stomach pain that does not get better, bloody or black tarry stools, bloody or black vomit or vomit that looks like coffee grounds, trouble swallowing, or unusual tiredness, dizziness or passing out. NIDDK names the same complication symptoms and says to call or see a doctor right away.



Do This

Write The Pain Pattern Down

- Empty stomach or after eating
- Night waking counts
- Dull or burning, coming and going

COACH'S TIP NIDDK says pain is the main symptom.

Ask For A Breath Or Stool Test

- Stool antigen is more specific
- The urea breath test detects it
- Both can be repeated later

COACH'S TIP Harvard names both tests.

Count Your NSAID Days

- Aspirin, ibuprofen, naproxen
- Long use raises the risk
- So does taking more than one

COACH'S TIP NIDDK spells out the pattern.

Finish The Whole Regimen

- Four drugs for 10 to 14 days
- Or a three drug course
- Acid suppression continues after

COACH'S TIP Harvard describes both regimens.

Book The Confirming Test

- A month or two after treatment
- Breath or stool, not blood
- A positive means another course

COACH'S TIP Harvard calls this the check.

Give Healing Its Time

- Duodenal ulcers about six weeks
- Gastric ulcers two to three months
- Symptoms ease before healing ends

COACH'S TIP Those are Harvard's timelines.



Do Not

Do Not Blame Stress

- Harvard says stress is not a risk
- Bacteria and NSAIDs are the causes
- Spicy food is not either

COACH'S TIP A myth with a very long life.

Do Not Rely On The Blood Test

- It can stay positive for years
- It cannot prove the ulcer's cause
- Harvard says so plainly

COACH'S TIP Confirm with breath or stool.

Do Not Wait On Black Stools

- Black or tarry stool
- Sudden severe abdominal pain
- Vomit that looks like coffee grounds

COACH'S TIP NIDDK says call right away.

Do Not Read Silence As Safety

- Many people have no symptoms
- Some learn of it at a complication
- NIDDK says exactly that

COACH'S TIP No pain is not proof.

Do Not Share Food Or Utensils

- It spreads through saliva
- Hand hygiene matters
- Also through stool and vomit

COACH'S TIP Mayo names this as prevention.

Do Not Self Treat With Antacids

- They ease pain, not infection
- Ulcers tend to come back
- The bacteria simply stay

COACH'S TIP Harvard says recurrence is common.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

10% to 15% Share of people with H. pylori who get an ulcer

10 to 14 days Length of the four drug regimen

6 weeks Typical healing time for a duodenal ulcer