

## H. pylori Treatment – First Line Regimens 2023

- Bismuth-based Quadruple Therapy (PPI + Bismuth + Tetracycline + Metronidazole)
  - PPI (**standard** dose) BID – Standard doses:
    - Omeprazole 20 mg
    - Esomeprazole 20 mg
    - Lansoprazole 30 mg
    - Pantoprazole 40 mg
    - Rabeprazole 20 mg
  - Bismuth subsalicylate (262 mg) 2 tablets QID
  - Tetracycline 500 mg QID (*Tetracycline rather than Doxycycline must be used*)
  - Metronidazole 500 mg QID

- Given for 14 days.

- Also packaged as combination pill *Pylera* – 3 capsules QID x 10 days.
- Rifabutin Triple Therapy (PPI + Amoxicillin + Rifabutin)
  - PPI (**high** dose) TID – Standard doses:
    - Omeprazole 40 mg
    - Esomeprazole 40 mg
    - Lansoprazole 60 mg
    - Pantoprazole 80 mg
    - Rabeprazole 40 mg
  - Amoxicillin 1 g TID
  - Rifabutin 150 mg BID

- Given for 14 days.

- Also packaged as combination pill *Talicia* – 4 capsules TID x 14 days.
- Vonoprazan Dual Therapy (Vonoprazan + Amoxicillin) – Provides > 90% H. pylori eradication.
  - Vonoprazan 20 mg BID
  - Amoxicillin 1 gm TID

- Given for 14 days.

- Can prescribe as *Voquezna Dual Pak* (Dispense 14 blister packs).
- PPI-based quadruple therapy (PPI-based triple therapy **plus Ciprofloxacin**) – This is another regimen which works well with > 90% H. pylori eradication. PPI-based triple therapy alone should no longer be used due to high clarithromycin resistance.
  - PPI (**standard** dose) BID – Standard doses:
    - Omeprazole 20 mg
    - Esomeprazole 20 mg
    - Lansoprazole 30 mg
    - Pantoprazole 40 mg
    - Rabeprazole 20 mg
  - Amoxicillin 1 g BID
  - Clarithromycin 500 mg BID
  - Ciprofloxacin 500 mg BID

- Given for 14 days.

- Can give as *Prevpac* + Ciprofloxacin

1. Mégraud F. Rates of Antimicrobial Resistance in Helicobacter pylori Isolates from Clinical Trial Patients Across the US and Europe. Am J Gastroenterol. 2023;118:269-275.
2. Qian HS, et al. Ten-Day Vonoprazan-Amoxicillin Dual Therapy. Am J Gastroenterol. 2023;118:627-634.
3. Howden CW, Graham DY. Recent Developments Pertaining to H. pylori Infection. Am J Gastroenterol. 2021;116:1-3.
4. Fallone CA, et. al. The Toronto Consensus for the Treatment of Helicobacter pylori Infection in Adults. Gastroenterology 2016;151:51-69.