

Proton Pump Inhibitors



Proton pump inhibitors (PPIs) block acid production in the stomach. They are used to help prevent or treat heartburn, ulcers, and gastroesophageal reflux disease (GERD).

Common examples include:

- Nexium (Esomeprazole)
- Prilosec (Omeprazole)
- Protonix (Pantoprazole)
- Prevacid (Lansoprazole)

Considerations for reducing or stopping

- Often prescribed for an acute condition and continued unnecessarily
- Is there a clear indication for use?
- Use lowest dose for shortest possible time
- Weigh risk vs. benefit
- Pill burden and dysphagia (difficulty swallowing)

Significant side effects

- Blocks absorption of vitamin and minerals
- Adverse effects include nausea, diarrhea, headaches
- Increased risk of *C. diff* infections
- Decreased bone strength, increased risk of fractures

Preventing heartburn and reflux symptoms

- Don't eat 2-3 hours before bedtime
- Raise head of the bed 6-8 inches
- Stop smoking
- Avoid foods that seem to make it worse

Alternative medication options

- Calcium carbonate (TUMS)
- Aluminum-magnesium products (Mylanta, Maalox, Gaviscon)
- H₂-Blockers (Pepcid)

If you need help with your symptoms, call VNA 24hrs a day:

214-689-0000