

Information about medicines on repeat prescription Proton Pump Inhibitors

This group of drugs includes omeprazole, lansoprazole, pantoprazole & esomeprazole which come in various brand names. Proton pump inhibitors (PPIs) reduce the amount of acid made by your stomach. PPIs are used to treat symptoms of dyspepsia such as acid indigestion and heartburn.

Most people who take a PPI do not develop any side-effects; however, research has shown some potential problems associated with taking these medicines on a long-term basis at a high dose:

- fracture to hip, wrist or spine
- diarrhoea caused by Clostridium difficile infection
- deficiency in certain vitamins
- greater risk of kidney disease

For these reasons it is important that you only take the minimum dose of PPI needed to control your symptoms. By reducing the dose or only taking the PPI when you need to, you can reduce your risk of long-term problems.

Some people find that when they reduce their dose of PPI, they may experience worsening symptoms – this is a ‘rebound effect’ and usually only lasts a few days. It can be helped by taking Peptac® or Gaviscon®, which can be bought without a prescription.

Can I do anything to improve my symptoms?

- Try to keep to a healthy weight
- Avoid food and drink that make your symptoms worse (for example, spicy or fatty foods, chocolate, coffee, cola drinks and orange juice)
- Eat meals at regular times, avoid large or late meals and avoid bending over or lying flat immediately after eating
- Avoid tight belts or clothing
- Avoid buying medications that can make your symptoms worse, such as some pain killers (ask your doctor or pharmacist which medications are safe to take)
- If your symptoms are worse at night and disrupt your sleep, try raising the head of your bed by 10–15 cm (4–6 inches) using blocks under the legs of your bed or use a wedge shaped pillow to raise your head
- If you drink more than two standard drinks of alcohol a day, reduce the amount you drink
- Stop smoking. Discuss ways to quit smoking with your pharmacist

For further information about staying healthy go to <https://www.nhs.uk/oneyou/>

If your symptoms get worse or you would like to discuss this further, please make an appointment - this can be a telephone consultation rather than having to attend the surgery.

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<http://www.nice.org.uk/guidance/CG184/InformationForPublic>