

Proton Pump Inhibitors (PPI)

What is a PPI?



It is a type of medication that reduces stomach acid production. Examples include: omeprazole and esomeprazole.



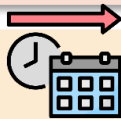
When are PPIs useful?



Short-term uses include:

Condition	Duration of Treatment
Stomach or intestinal (duodenal) ulcer	8-12 weeks
Stomach infection with H. pylori bacteria	2 weeks (along with antibiotics)
Acid reflux (GERD)	4-8 weeks
Indigestion (Dyspepsia)	STOP if no symptom response by 8 weeks

Long-term uses include:



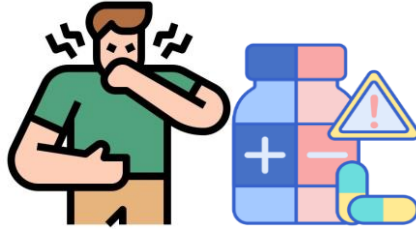
- Persistent/ permanent inflammation or damage of the gullet
- Reflux with evidence of excessive acid production on testing
- For stomach/ intestinal protection if taking long term NSAIDs/ blood thinners **WITH any** of the following:
 - Age > 65 years old
 - Previous stomach or intestinal bleed
 - Concurrent use of other NSAIDs/ blood thinners/ steroids

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What are the common side effects?

PPIs are usually well tolerated. Some potential side effects include:

- Headache
- Diarrhoea
- Constipation
- Abdominal pain



What are the adverse effects of long term use?

- Osteoporosis and fractures
- Intestinal infection
- Reduced absorption of minerals and vitamins e.g. magnesium, calcium, vitamin B12 and iron
- Kidney disease
- Has other unclear links with dementia, lung infection



Speak to your doctor
and **STOP** unnecessary
use of PPIs