

## PATIENT INFORMATION LEAFLET

### Proton pump inhibitors (PPI)

Dear patient,

You are being given this leaflet because you take one of the following medicines.

**Omeprazole, lansoprazole, esomeprazole, pantoprazole or rabeprazole.**

These medicines are known as proton pump inhibitors (PPI).

A PPI is an effective treatment for reducing acid production in the stomach. In certain patients with conditions such as Barrett's Oesophagus and patients taking PPI to protect their stomach against the effects of other drugs, it is essential that they continue to take this medicine every day.

***However, if you have a condition such as indigestion or mild acid reflux, your symptoms may be better managed, and your risks of side effects reduced, if you only take this medicine when required or swap to a different medication.***

There is increasing evidence that long term use of a PPI can increase your risk of experiencing problems or side-effects.

#### ***What are the risks of long term PPI?***

- Long term PPI use is associated with increased risk of contracting a severe bowel infection known as *Clostridium difficile* (C.diff.)
- Blood magnesium level may drop leading to loss of appetite, nausea, fatigue, weakness or an abnormal heartbeat.
- PPI may increase the risk of pneumonia
- Studies suggest an increased risk of osteoporosis, hip, wrist and spinal fractures, especially if PPI's are used at high doses over more than 1 year.
- Rarely, taking a PPI can lead to kidney problems.
- PPI often lead to B12 deficiency because you need stomach acid in order to absorb B12. This can cause anaemia, fatigue and significant neurological symptoms as B12 is vital for many aspects of cellular metabolism.

#### ***How can you reduce your risks of adverse effects from a PPI?***

- Avoid getting symptoms by avoiding triggers to your indigestion or acid reflux (e.g. alcohol, coffee, fatty foods, chocolate).
- Making healthy lifestyle changes can reduce symptoms, e.g. eating healthier meals, weight reduction and smoking cessation. More information can be found on the [www.nhs.uk/livewell](http://www.nhs.uk/livewell) website.
- Using the medicine at the lowest dose possible to control symptoms. If you are on a high dose, (e.g. more than 20mg of omeprazole daily, more than 30mg of lansoprazole daily), you can discuss with your doctor or practice pharmacist about stepping down.
- Only take the medicine when you really need it or for short periods of time, if possible.
- Take an antacid such as Peptac liquid when needed for symptom control instead of PPI.

Your sincerely,

The Aspen Medical Practice Team