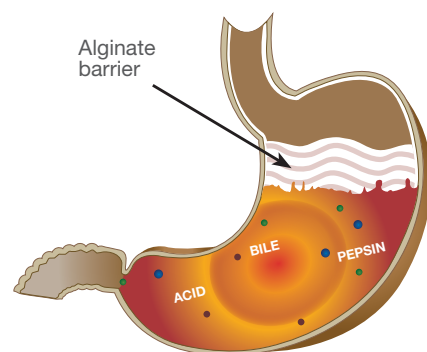


Help To Manage Rebound Symptoms

Your healthcare professional will advise on ways to help with heartburn and indigestion that can happen when you try to stop a PPI. They may prescribe or recommend a different type of medicine called an alginate.

Alginates work by forming a physical barrier at the top of the stomach that can stop the acid getting back out into the oesophagus where it causes pain.



Will I Need To Take a PPI In The Future?

Heartburn and indigestion are quite common and can come and go over time. You might find a few changes to your lifestyle or the way you eat and drink will help keep your symptoms under control. If not, your pharmacist can advise on remedies you can buy to help. If your symptoms become common or troublesome again you should speak to your doctor who may think it necessary to prescribe a PPI again.

Always go straight to your doctor if you experience any of the following:

- Weight loss that isn't intentional
- Difficulty swallowing
- Vomiting routinely or often
- Signs of blood if you vomit or when you go to the toilet.

Ways To Try & Avoid Heartburn & Indigestion

Lots of people get heartburn and indigestion from time and time. Getting to know when you get heartburn and indigestion can allow you to spot the triggers.

If you're not sure what sets off your heartburn try keeping a food and symptom diary and see if you can spot any patterns. Sometimes it's not a particular food but a time of day or type of exercise.

- Eat your meals at regular times and try not to eat too quickly. Better to eat smaller meals more often, so you don't overfill your stomach.
- Try not to eat too close to bedtime if you tend to suffer at night. Leaving 3 hours between eating and going to bed can help.
- If you're a night time sufferer, lift the head of the bed. A good idea is to put bricks or books under the bed.
- Try not to drink too many fizzy drinks, even if it's sparkling water. The gas can cause pressure in your stomach.
- If you drink alcohol, it helps to cut down but it can be the type of drink that's a problem as well, for example white wine is a more common trigger than red wine.
- If you smoke try to cut down or stop.
- Avoid foods you associate with symptoms. Many people know their triggers - tomatoes are a common one.

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**North Somerset
Clinical Commissioning Group**

Advice for People taking Proton Pump Inhibitors (PPIs)



What Are Proton Pump Inhibitors?

Proton pump inhibitors, often called PPIs are a type of medicine, usually prescribed by your doctor.

There are a number of PPIs with different names, you may be taking:

- Omeprazole
- Lansoprazole
- Pantoprazole
- Rabeprazole
- Esomeprazole

Why Do People Take PPIs?

Your stomach makes acid to help digest food but in some people the acid can irritate the stomach causing discomfort. It can also get back up into the oesophagus (foodpipe that goes from your mouth to your stomach) and causes pain, known as heartburn. This is called reflux.

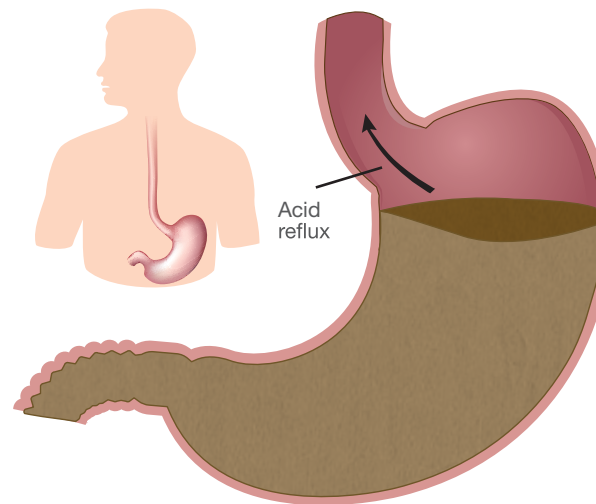
PPIs are used to relieve symptoms of heartburn and indigestion and related stomach problems.

Some other medicines can irritate the stomach so sometimes people who don't have these conditions take PPIs to help prevent this happening.

How Do PPIs Work?

PPIs work by reducing the amount of acid that your stomach makes. This in turn reduces the discomfort or pain that you feel in your stomach or chest when the acid causes irritation.

Stomach



How Long Should You Take PPIs For?

Although PPIs are well tolerated in most patients, no medicines are completely safe or without side effects. So, as with all medicines, you should only take a PPI for as long as you need it.

People take PPIs for different lengths of time, your doctor will advise what is right for you.

On average, if you're taking PPIs for heartburn or indigestion you'll take them for 4-8 weeks to allow your body to heal any inflammation.

If you're taking PPIs because you're also using another medicine that can irritate the stomach, you might need to take them for longer.

Always take your medication as advised by a healthcare professional and talk to your doctor before stopping any treatments yourself.

What Happens When You Stop Taking PPIs?

If you take a PPI for more than a few weeks, your stomach can increase its ability to make acid. This means that when the PPI is stopped, acid levels can be higher than before you started taking them.

For this reason some people find that their heartburn or indigestion worsens when they try to stop taking a PPI. These are called rebound symptoms and they can last about 2 weeks.

Stepping Down Or Off PPIs

Because of the rebound symptoms it is advisable to stop taking PPIs gradually and follow the advice of your doctor or healthcare professional to help manage your symptoms in the first few weeks.

Your Healthcare Professional may advise:

- Just reducing the dose of the PPI.
- Stopping the PPI.
- Reducing the dose for a few weeks then stopping altogether.
- Changing the way you take the PPI so you just take it occasionally when you feel symptoms.
- Use of another medicine (called an alginate) for a few weeks to help with the rebound symptoms.
- Lifestyle changes that could help stop symptoms coming back in the future.