



Do You Take Medicine For Stomach Acid? Should You Stop Taking Your Proton Pump Inhibitor (PPI)?

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
PBM Academic Detailing Service



Why should I stop or reduce the dose of my proton pump inhibitor (PPI)? (e.g., Lansoprazole, Omeprazole, Pantoprazole)

Proton Pump Inhibitors (PPIs) have been associated with serious harms, such as:

- ✦ Infections, such as pneumonia and *C. difficile* diarrhea
- ✦ Injury to the kidney and reduced kidney function
- ✦ Iron, calcium, magnesium, and vitamin B levels can be reduced
- ✦ Increased risk of broken bones

It is common to take these medicines longer than they are needed. If you have symptoms from stomach acid, do they happen every day or less often? If symptoms do not happen every day, you may only have to take a medicine when you need it. There are other medicines that help treat stomach acid symptoms in a matter of minutes to an hour or two. These include Famotidine, and other antacids.

If your symptoms worsen after taking Famotidine or other antacid, contact your provider.

PATIENT'S NAME: _____ DATE: _____

Plan for managing stomach acid symptoms

Lifestyle Changes:

Lose weight, if overweight or recent weight gain.

Avoid alcohol and stop using nicotine products.

Elevate the head of the bed.

Avoid foods that can trigger symptoms, such as caffeine, chocolate, or spicy foods.

Avoid going to bed within 2 to 3 hours of eating, especially fatty meals.

SLOWLY taper then **STOP** your PPI:

Take your PPI every other day for four weeks, from _____ to _____



Taking your PPI on _____ then take

Famotidine (generics, Pepcid):

10–20mg twice daily, as needed for stomach and symptoms

Antacids, such as Tums, Rolaids, or other generics

Take as directed on over-the-counter labels, as needed for stomach and symptoms

PROVIDER SIGNATURE: _____





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This reference guide was created as a tool for VA providers and is available from the Academic Detailing Service SharePoint.

These are general recommendations only. The treating provider should make clinical decisions based on an individual patient's clinical condition.

VA PBM Academic Detailing Service Email Group
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<https://vaww.portal2.va.gov/sites/ad/SitePages/Home.aspx>

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