



## What is it?

Medicine to regulate stomach acidity thus reducing symptoms and assisting ulcer healing.



## How many classes are there?

Gastric protectants differ slightly in how they work. Depending on your condition, one gastric protectant may be more appropriate than another.

# GASTRIC

# MEDICINES

# AND

# ME

1

### Proton-Pump Inhibitors (PPI)

Example: omeprazole, esomeprazole, rabeprazole, lansoprazole and apantoprazole

2

### Histamine-2 Receptors Antagonist (H2RA)

Examples: cimetidine, famotidine and ranitidine

3

### Antacids

Examples: magnesium trisilicate, magnesium carbonate



## Gastric protectants may be stopped

once symptoms of heart burn or abdominal discomfort are resolved. Long term use may be required for:

- Active stomach or intestinal ulcers
- Patients on multiple risky medicines taken together such as NSAIDS, high dose steroids
- Individuals older than 65 years old with risk factors



## PPIs are associated with the following:

- Low vitamin B12, magnesium and iron levels
- Increased risk of fractures
- Increased risk of lung infections (Pneumonia) or intestinal infections (*Clostridium difficile*, *Salmonella*)

There are few documented long term side effects of H2RAs and antacids.

