

## Omeprazole Tablet/ Capsule (oh-MEH-PRUH-zole)

### What is this medication used for

Omeprazole belongs to a group of medicines called proton pump inhibitors (PPIs). PPIs work by reducing the amount of acid produced in your stomach. Omeprazole is used to relieve heartburn symptoms associated with stomach acid reflux, treat ulcers in the stomach or intestines and treat hypersecretory conditions (stomach producing too much acid).

### How to use this medication

#### Adults 18 years old and above

20 mg to be taken once a day, when needed.

The starting dose is 20 mg once a day. When symptoms improve, the dose can be reduced to 10 mg once a day, returning to 20 mg if symptoms return. The lowest effective dose should always be used.

The medicine is best to be taken 30 minutes before a meal. Tablets and capsules should be swallowed whole. For patients with difficulties swallowing the medicine, the capsule may be opened and the contents swallowed or mixed in a slightly acidic liquid e.g. fruit juice, soured milk or non-carbonated drink. It is important that the tablet or the content of the capsule must not be chewed or crushed.

### Before you use this medication

Medical advice should be sought before use if you have any of the following conditions or symptoms: heartburn for over 3 months, chest pain or shoulder pain with shortness of breath, pain spreading to arms, neck of shoulders or light-headedness, frequent wheezing (particularly with heartburn), unexplained weight loss, nausea or vomiting, stomach pain, pain when swallowing food, vomiting with blood, bloody or black stools and history of peptic ulcer, especially if you are taking a non-steroidal anti-inflammatory drug (NSAID) (e.g. aspirin, ibuprofen, naproxen, diclofenac).

You should also seek medical advice if you are pregnant or breast-feeding, as its safety profile in either situation has not been clearly established.

This medicine should be avoided if you have a known history of hypersensitivity (allergy) to omeprazole or any of the other listed ingredients in the product.

### Interactions with other medications

Omeprazole can interact with other medicines, nutritional supplements, or herbal products that you may be taking. Medicine interactions can change the way a medicine works. This may decrease or increase the effects of the medicine and it may also lead to other harmful effects.

Examples of some medicines that can interact with omeprazole include medications for blood-thinning (e.g. warfarin), fungal or yeast infections (e.g. ketoconazole), anxiety (e.g. diazepam), heart problems (e.g. digoxin, clopidogrel), immune suppression (e.g. tacrolimus, cyclosporine, methotrexate), viral infections (e.g. atazanavir) or epilepsy (e.g. phenytoin)

Do inform your doctor and/or pharmacist if you are taking, have recently taken or plan to take other medications, nutritional supplements or herbal products.

### Side effects

Common side effects: headache, stomach pain, diarrhoea, nausea and/or vomiting, constipation, cough, dizziness, back pain

Rare side effects: lack of vitamin B<sub>12</sub> (nervousness, limb numbness or tingling sensation, changes in muscle coordination, changes in menstrual cycle), low magnesium level (seizures, abnormal or fast heart rate, tremors, nervousness, muscle weakness, cramps or aches), severe diarrhea, bone fractures

### When to seek further medical advice

Inform your doctor and/or pharmacist if you experience any allergic symptoms or symptoms of serious side effects such as swelling of eyes and/or lips, rashes and difficulty in breathing.

Consult your doctor if the symptoms do not get better or worsen while taking this medicine.

### How should this medication be kept

Keep out of reach and sight from children.

Keep this medicine in its original container until use.

Store in a cool dry place and avoid direct exposure to sunlight



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