

Proton Pump Inhibitor (PPI) Deprescribing

Patient Infographic Flyer

One of the greatest challenges of proton pump inhibitor deprescribing is the reoccurrence of symptoms upon discontinuation. Studies have demonstrated rebound acid hypersecretion following abrupt discontinuation in patients who have been utilizing this class of medications for periods greater than one month.¹ Therefore, this supplement is intended to serve as a patient educational handout about PPI deprescribing.

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WHAT ARE PROTON PUMP INHIBITORS (PPIS)?

PPIs are medications that reduce the production of acid by the stomach and are used to treat common conditions such as heartburn or stomach ulcers².



Have you been taking any of the PPIs in the right-hand box for more than 8-12 weeks?

If yes, ask your health care provider if stopping your PPI is right for you.

Common PPIs

Lansoprazole (Prevacid®)
Esomeprazole (Nexium®)
Omeprazole (Prilosec®)
Omeprazole and Sodium Bicarbonate (Zegerid®)
Pantoprazole (Protonix®)
Rabeprazole (Aciphex®)
Dexlansoprazole (Dexilant®)

IS MY PPI STILL NEEDED?

In many cases, individuals do not need to be on PPI therapy for longer than 3 months³. Talk to your provider today to determine if there is still a need for this medication.

Conditions Where Your Provider May Continue Your PPI²

Barrett's esophagus
Chronic NSAID users (i.e., Advil®) with bleeding risk
Severe esophagitis
Documented history of bleeding GI ulcer
Zollinger-Ellison Syndrome

WHY SHOULD I CONSIDER REDUCING OR STOPPING MY PPI?

Potential Long-Term Effects⁴

- Bacterial stomach infection that can lead to severe diarrhea
- Risk of fractures and bone loss
- Chronic kidney disease
- Vitamin B12 and magnesium deficiencies
- Lung infection

Cost

- In the U.S., it is estimated that \$10 billion is spent annually on both prescription and OTC PPIs⁵.
- Over time the cost of medications can become a burden. Stopping unnecessary medications could save you money.

Medication Burden

- By discontinuing unnecessary medications your number of daily medications will be reduced along with the chances of unwanted side effects and risks.

HOW DO I SAFELY STOP TAKING MY PPI?

- ❖ Discuss the best approach to discontinue your medication with your provider. They can advise you on how to gradually reduce the dose and how making lifestyle changes can prevent or reduce your risk of your symptoms returning.
- ❖ In a review of multiple studies that evaluated patients stopping their PPI, up to 64% of participants were able to successfully discontinue their PPI without returning or worsening symptoms⁶.
- ❖ Please feel free to take this tip sheet into your appointment to discuss this further.

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