

SAFELY TO MEET LIFE'S CHANGES

FOCUS ON PROTON PUMP INHIBITORS (PPIs)



As life changes, your medication needs may change as well. Medications that were once good for you, may not be the best choice for you now.

Deprescribing is a way for health care providers to help you safely cut back on medications.

WHAT ARE PROTON PUMP INHIBITORS?



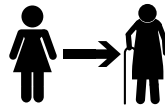
- Drugs used to treat problems like heartburn or stomach ulcers
- Examples include:
 - Lansoprazole (Prevacid®)
 - Omeprazole (Losec®)
 - Pantoprazole (Tecta®, Pantoloc®)
 - Rabeprazole (Pariet®)
 - Esomeprazole (Nexium®)
 - Dexlansoprazole (Dexilant®)
 - Omeprazole (Olex®)



WHY CONSIDER REDUCING OR STOPPING A PPI?



- PPIs can cause nausea, headaches, diarrhea and increase risk for more serious health issues



- Many could take them for short periods but remain on them for years



- **40-65%** of hospitalized people taking PPIs have no documented reason for taking the drug



- For some people, the dose of PPI can be reduced, or the PPI can be stopped and taken only if symptoms return

HOW TO SAFELY REDUCE OR STOP A PPI



- Ask your health care provider to find out if deprescribing is for you; *some people need PPI's long-term*



- Tell your health care provider about the PPI deprescribing algorithm, available online: <http://deprescribing.org/resources/deprescribing-guidelines-algorithms/>



- Download the PPI patient information pamphlet, available online: <http://deprescribing.org/resources/deprescribing-information-pamphlets/>

Ask questions, stay informed and be proactive.

Reference

Farrell B, Pottie K, Thompson W, Boghossian T, Pizzola L, Rashid FJ, et al. Deprescribing proton pump inhibitors: evidence-based clinical practice guideline. *Can Fam Physician* 2017;63:354-64.