



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:

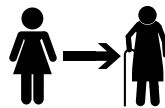
- Lansoprazole (Prevacid®)
- Omeprazole (Losec®, Olex®)
- Pantoprazole (Tecta®, Pantoloc®)
- Rabeprazole (Pariet®)
- Esomeprazole (Nexium®)
- Dexlansoprazole (Dexilant®)



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/>

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.