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/](http://deprescribing.org/resources/deprescribing-guidelines-algorithms/)
- Download the PPI patient information pamphlet, available online: [http://deprescribing.org/resources/deprescribing-information-pamphlets/](http://deprescribing.org/resources/deprescribing-information-pamphlets/)

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