

PPIs

RFQs

- We don't generally ask any red flag questions of patients before recommending PPIs!
- Do you get cramps or fatigue at all? Have we ever checked your magnesium levels?
- Is your only symptom heartburn? Would you be happy to try a drug free approach first?

Provide

Although generally regarded as relatively safe, this family of medications are associated with an increase the risk of death, fractures, infections, dementia, kidney disease and heart attacks and strokes. There is no evidence that they actually cause these problems. They can cause cramps and fatigue through low magnesium levels. If you get cramp please let us know so that we can check your magnesium level. We may need to change you treatment.

If you are taking these medications for simple heartburn you may wish to "go organic". Why not prop your bed up on blocks? 15cm (8 inches) at the head end of your bed can transform your quality of life by sorting out heartburn related symptoms. These symptoms can include an irritating cough and nasal symptoms. Other options include weight loss, stopping smoking, or avoiding mints and chocolate.

It may be possible for you to wean down, or stop, your omeprazole or lansoprazole. If you have a Barrett's oesophagus, or if you have been put on these medicines for any other reason apart from heartburn, please don't stop these medicines until you have talked it through with your doctor.

Safety net:

These medicines can cause cramps and fatigue through low magnesium levels. If you get cramp please let us know so that we can check your magnesium level. We may need to change you treatment.

Lansoprazole may make your stools a little looser. If this is a problem, please let us know, so that we can swap it.