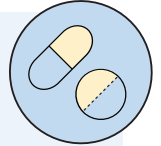


Proton Pump Inhibitors (PPIs)

When you need them, and when you don't.

What are Proton Pump Inhibitors (PPIs)?

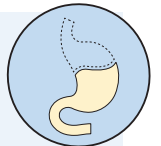
PPIs are medications used to treat and prevent problems in the stomach such as:



- Frequent heartburn, also known as gastro-eophageal reflux disease (GERD)
- Stomach ulcers (sores in the stomach lining)
- Stomach bleeding
- Damage caused by medications such as NSAIDs (e.g., ibuprofen)

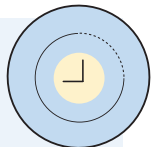
How do they work?

PPIs help reduce the amount of acid your stomach makes. Too much stomach acid can cause problems like GERD or pain in your upper stomach area. Your health care provider will tell you why you need PPIs. If you are unsure why you were given this medication, ask them for more information.



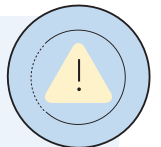
When do I take a PPI?

PPIs are often taken once a day. The best time to take them is just before breakfast or when you get up in the morning. Sometimes PPIs need to be taken two times a day: one tablet before breakfast and one before an evening meal.



Are they safe?

PPIs work well and are safe. Most people do not have side effects but, in rare cases, they may cause infectious or watery diarrhea, kidney damage, low magnesium levels, or low vitamin B12 levels. Taking medications you don't need may interact with other drugs and cause unwanted side effects.



How long do I take a PPI?

If you want to stop or lower your PPI use, speak with your health-care provider about:

- Whether you need to keep taking it long-term.
- How to reduce the dose or stop the medication completely, if it is safe to do.
- Other ways to manage symptoms, such as stopping smoking or losing weight.
- A follow-up plan, including what to do if you have any problems or symptoms come back.