

Dear Patient,

We are writing to you about your proton pump inhibitor medication (omeprazole, lansoprazole or pantoprazole). Although these drugs can be very effective at helping indigestion we have become more aware of certain risks of taking them longer term.

These include increase risk of:

- Disrupting the healthy bacteria in your gut (these bacteria are very important for good immunity, reducing inflammation and for good mental health)
- Fractures (0.5 per 1000 extra fractures per year in people who smoke)
- Diarrhoea infections (clostridium difficile)
- Poorer absorption of nutrients (such as magnesium and vitamin B12)
- Possible increased risk of dementia and heart disease

We know that many people can manage indigestion successfully without using medication and can safely reduce their dose of PPIs so that they only need to take them very occasionally, if at all. It is common to get rebound symptoms when you first reduce your medication but you can manage these with remedies like gaviscon and they usually settle after 2-4 weeks. If you would like to make a change please make a telephone appointment with Simon Strange, our Pharmacist.

There are a few people who we would recommend continuing their medication and not cutting down. These include people with Barrets Oesophagus, Oesophageal Stricture/ulcers or who are taking regular anti-inflammatory medication (ibuprofen, naproxen, diclofenac, prednisolone).