

Heartburn Fixed... So Why Are You Still Taking It?



What is heartburn/indigestion medication?

Medicines like **omeprazole** and **lansoprazole** reduce stomach acid.

They're often prescribed for heartburn, indigestion or acid reflux.

Do I Still Need It?

If you were prescribed this medicine **only** for heartburn, most people only need it for 4 to 8 weeks.

Once your symptoms have settled, it may be time to:

- Reduce the dose
- Take it only when needed
- Stop it altogether

Your GP or pharmacist can help you decide.



Why review it?

Long-term use when not needed can:

- Increase infection risk
- Reduce vitamin and mineral absorption
- Increase fracture risk

Stopping - What to Expect

- Symptoms may come back for a short time
- Symptoms usually settle
- Antacids like Gaviscon or Peptac can help
- Lifestyle measures can help (next page for more info)

More information on the QR code or at: <https://linktr.ee/ppipatientinfo>

Lifestyle changes can ease the symptoms, so you can help by: ³



- Avoiding skipping meals
- Avoiding large meals
- Avoiding eating 2-3h before bed
- Avoiding spicy or fatty food
- Avoiding hot drinks or food
- Keeping to a healthy weight



- Avoiding alcohol
- Avoiding caffeine
- Avoiding acidic, carbonated and energy drinks (eg orange juice, cola)



- Stopping smoking
- Managing stress through exercise and relaxation
- Avoiding tight clothing
- Raising the head of your bed by 10-20 cm

1: <https://www.flaticon.com/free-icons/stomach> title="stomach icons">Stomach icons created by Flat Icons - Flaticon

2: <https://www.flaticon.com/free-icons/medical-professional> title="medical professional icons">Medical professional icons created by Flat Icons - Flaticon

3: As per NHS advice