

# TRANSITION FROM PPI TO H2 BLOCKER

There are multiple acid reducing medications (proton pump inhibitors) on the market. Examples include the following:

- Prilosec (Omeprazole)
- Prevacid (Lansoprazole)
- Protonix (Pantoprazole)
- Aciphex (Rabeprazole)
- Nexium (Esomeprazole)
- Dexilant (Dexlansoprazole)

The long term use of these proton pump inhibitors may have undesirable side effects. An effort should be made to reduce the use of these proton pump inhibitors to the lowest dose possible that controls acid related symptoms. One way to accomplish the reduction of the proton pump inhibitors is to substitute a different class of drugs that reduces acid, known as H2 receptor antagonist or H2 blockers.

The following is a proposed schedule for gradually reducing the use of a proton pump inhibitor and substituting an H2 blocker.

## Week 1

Take your proton pump inhibitor (for example, Prilosec [Omeprazole]) on the following days:

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday

Take an H2 blocker (for example, Pepcid) twice daily on Sunday

The proton pump inhibitor should be taken 30 to 45 minutes before morning meal. The H2 blocker may be taken before, during, or after a meal twice daily.

## Week 2

Take your proton pump inhibitor on:

- Monday
- Tuesday
- Thursday
- Friday
- Saturday

Take an H2 blocker Sunday and Wednesday.

## **Week 3**

Take your proton pump inhibitor on:

- Monday
- Tuesday
- Friday
- Saturday

Take an H2 blocker Sunday, Wednesday and Thursday.

## **Week 4**

Take your proton pump inhibitor on:

- Monday
- Tuesday
- Friday

Take an H2 blocker Sunday, Wednesday, Thursday and Saturday.

## **Week 5**

Take your proton pump inhibitor on:

- Monday
- Friday

Take an H2 blocker Sunday, Tuesday, Wednesday, Thursday and Saturday.

## **Week 6**

Take your proton pump inhibitor on:

- Monday

Take an H2 blocker Sunday, Tuesday, Wednesday, Thursday, Friday and Saturday.

## **Week 7**

Take your H2 blocker daily.

If you experience any increase in acid related symptoms while tapering off the proton pump inhibitor, please call Dr. Kramer's office (352-331-6736).