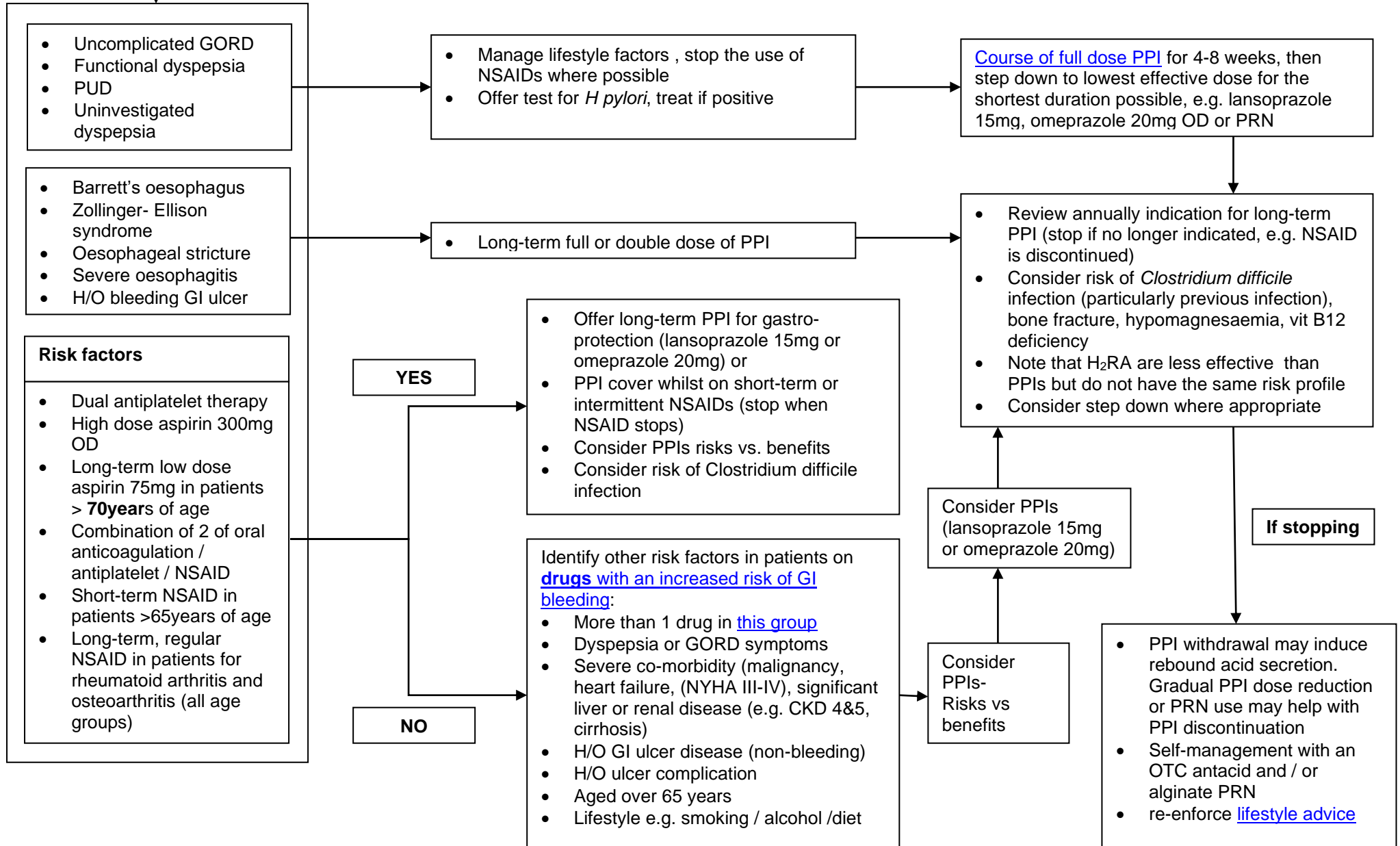


Proton Pump Inhibitors – Advisory guidance on PPI prescribing in adults

This document is intended as advisory and it does not replace clinical judgement which is assessed on case by case basis.

Review lifestyle factors



Drugs with an increased risk of GI bleeding, dyspepsia or ulceration:

NSAIDs, aspirin, antiplatelets, anticoagulants, long-term oral corticosteroid, SSRI, SNRI, bisphosphonates, calcium channel blockers, nitrates, [nicorandil](#), theophylline, aldosterone antagonists, colchicine, digoxin

Dosing regimens for PPIs (see [NICE CG 184 Appendix A](#) for PPI doses for severe oesophagitis)

PPI	Full / standard dose	Low dose (on-demand dose)	Double dose
Lansoprazole capsules	30mg OD	15mg OD	30mg ² BD
Omeprazole capsules ¹	20mg OD	10mg ² OD	20mg BD

¹Where orodispersible formulation is necessary, use lansoprazole orodispersible in preference to omeprazole orodispersible tablets. Omeprazole MUPS are only recommended for their licenced indication in children.

²Off-label dose for gastro-oesophageal reflux disease.

- Capsules are preferred formulation, where possible avoid tablet formulation due to higher cost.
- To aid bioavailability of PPIs, advise to take PPIs at least 30mins before food; twice daily dosing - more effective blocking of activated proton pump receptors
- Stop PPI two weeks prior to *H pylori* testing, avoid testing for four weeks after antibiotic treatment, stop NSAIDs.

As PPIs have become widely used, evidence has started to emerge regarding their long-term safety and adverse effects.

[Proton Pump Inhibitor \(PPI\): Deprescribing algorithm \(adults\)](#)

Self-management

[Heartburn and Indigestion leaflet](#) on PRESS portal

NHS A-Z website: [Heartburn and acid reflux](#)

Review lifestyle factors: weight loss, stop or reduce smoking, avoid certain foods / drinks (alcohol, caffeine, chocolate, fatty foods, strawberries), medication

For nocturnal reflux symptoms avoid meals within 3-4 hours of going to bed; consider raising the head of the bed by a few inches.

See [Sheffield Directory](#) for advice on local services: [Move More](#), [smoking cessation services](#), [Live Lighter](#) (weight management service)

IAPT for psychological therapies - [online IAPT resources](#)

References

BNF

[NICE: Osteoarthritis: care and management CG177 \(2014\).](#)

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[NICE: Dyspepsia and gastro-oesophageal reflux disease in adults QS96 \(2015\).](#)

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[Li L, Geraghty OC, Mehta Z, Rothwell PM. Age-specific risks, severity, time course, and outcome of bleeding on long-term antiplatelet treatment after vascular events: a population-based cohort study. *Lancet*. 2017; 390: 490–99.](#)
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Sheffield CCG acknowledges the kind permission of Derbyshire JAPC in use of their resources.