# DEPRESCRIBING: REDUCING MEDICATIONS SAFELY TO MEET LIFE'S CHANGES



## **FOCUS ON PROTON PUMP INHIBITORS (PPIs)**



As life changes, your medication needs may change as well. Medications that were once good for you, may not be the best choice for you now.

**Deprescribing** is a way for health care providers to help you safely cut back on medications.

#### WHAT ARE PROTON PUMP INHIBITORS?



- Drugs used to treat problems like heartburn or stomach ulcers
- Examples include:
  - Lansoprazole (Prevacid<sup>®</sup>)
  - Omeprazole (Losec<sup>®</sup>, Olex<sup>®</sup>)
  - Pantoprazole (Tecta®, Pantoloc®)
- Rabeprazole (Pariet<sup>®</sup>)
- Esomeprazole (Nexium<sup>®</sup>)
- Dexlansoprazole (Dexilant®)

### WHY CONSIDER REDUCING OR STOPPING A PPI?



 PPIs can cause nausea, headaches, diarrhea and increase risk for more serious health issues



 Many could take them for short periods but remain on them for years



 40-65% of hospitalized people taking PPIs have no documented reason for taking the drug



 For some people, the dose of PPI can be reduced, or the PPI can be stopped and taken only if symptoms return

## **HOW TO SAFELY REDUCE OR STOP A PPI**



• Ask your health care provider to find out if deprescribing is for you; some people need PPI's long-term



• Tell your health care provider about the PPI deprescribing algorithm, available online: <a href="http://deprescribing.org/resources/deprescribing-guidelines-algorithms/">http://deprescribing.org/resources/deprescribing-guidelines-algorithms/</a>



• Download the PPI patient information pamphlet, available online: <a href="http://deprescribing.org/resources/deprescribing-information-pamphlets/">http://deprescribing.org/resources/deprescribing-information-pamphlets/</a>

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