

Three steps to help get you off of your acid-lowering drug (“PPI”)

Patient Name: _____

PPI drugs are sold as:

- Aciphex (rabeprazole)
- Nexium (esomeprazole)
- Prilosec (omeprazole)
- Protonix (pantoprazole)
- Prevacid (lansoprazole)
- Dexilant (dexlansoprazole)

1) For the first 2 weeks: _____ to _____

- If you were taking one pill a day, take one pill every other day.
- If you were taking two pills a day:
 - Take one pill a day for a week,
 - and then take one pill every other day for the following week.

2) For the next 2 weeks: _____ to _____

Stop the PPI. If you have stomach symptoms:

- For fast relief, take an antacid such as Maalox, Mylanta, Tums, or their low-cost generic versions.
- You can also take over-the-counter medications such as ranitidine (Zantac), famotidine (Pepcid), cimetidine (Tagamet), or nizatidine (Axid). These are known as H₂ blockers.

3) Over the next 2 weeks: _____ to _____

Slowly lower the dose of antacid or H₂ blocker to the smallest amount needed to control your symptoms.

Contact your doctor if symptoms continue.

Physician Signature: _____

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