ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Acid Reducers

Indications for Use:

- Prevent or relieve heartburn, indigestion and ulcer symptoms by reducing stomach acid.

Medication Examples:

- **Antacids:** Tums (calcium carbonate), Mylanta
- **H2 Blockers:** Ranitidine, Famotidine (Pepcid)
- **Proton Pump Inhibitors:** Omeprazole (Prilosec), Pantoprazole (Protonix)

Common Side Effects:

- Changes in bowel habits (constipation/diarrhea)
- Stomach cramps
- Headache
- Dizziness

Tips:

- **Administration:** Ensure that acid reducers (like omeprazole or ranitidine) are taken before meals for maximum effectiveness. Follow hospice team instructions before crushing medication.
- Antacids (like Tums) may interfere with the absorption of other medications, (if able) take them separately from other drugs if able.
- To decrease symptoms of acid reflux, avoid spicy or fatty foods and elevate head as tolerated when in bed.
- **Storage:** Store in a safe place, away from heat, sunlight, and moisture. Keep all medicines out of reach of children or pets.

St. Francis Reflections is always available to assist with any questions or concerns 24/7

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