

*Patient name:*

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## Three steps to end dependence on your acid-lowering drug ("PPI"):

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

1. For the first 2 weeks: \_\_\_\_\_ to \_\_\_\_\_

### **Reduce your dose by half.**

- If you were taking one pill a day, take one pill every other day.
- If you were taking two pills a day:
  - o Take one pill a day for a week,
  - o 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 abdominal symptoms:

- For immediate relief, take an antacid such as Maalox, Mylanta, Tums or a generic.
- You can also take an over-the-counter H<sub>2</sub> blocker such as ranitidine (Zantac), famotidine (Pepcid), or cimetidine (Tagamet).

3. Over the next 2 weeks: \_\_\_\_\_ to \_\_\_\_\_

### **Slowly decrease the dose of H<sub>2</sub> blocker or antacid to the lowest amounts needed to control your symptoms.**

Contact your doctor if symptoms persist.

*Physician signature:*

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