

ESOMEPRAZOLE

ess-oh-mep-ra-zole

What does it do?

Esomeprazole is used to treat and prevent some stomach and gut problems, such as indigestion, reflux, and ulcers. It reduces the amount of acid made in your stomach.

Before you start

- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *esomeprazole* regularly as directed with a glass of water. You can take it with or without food, but it may work better if you take it before food.

Capsules or tablets: If you have trouble swallowing you can open the capsule and mix with a small amount of soft food or liquid or mix the tablet in a glass of water. Swallow without chewing. Do not crush the capsule contents or tablet.

Granules: Mix with water as directed.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *esomeprazole* including:

- iron supplements (e.g. Ferro-Tab®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs.

What side effects might you notice?

| Side Effects | Recommended action |
|---|---------------------------------|
| Muscle twitching or cramps, tiredness or weakness, tingling or numbness (may be signs of low magnesium) | Tell your doctor |
| Headache Stomach upset | Tell your doctor if troublesome |

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- If your symptoms are well managed, your doctor may recommend stopping *esomeprazole*. When you stop you may get symptoms like reflux and heartburn but these should only last for a few weeks. Talk to your health professional if these are troublesome, or if they do not get better.
- Long-term use of *esomeprazole* may cause side effects such as weak bones and gut infections. Tell your doctor if you develop severe or persistent diarrhoea and abdominal pain.
- *Esomeprazole* is not registered for use in New Zealand. Discuss with your doctor.