Te Whatu Ora
Health New Zealand
Waitaha Canterbury

OMEPRAZOLE (for children)

oh-mep-ra-zole

What does it do?

Omeprazole 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.

How is it given?

Give *omeprazole* regularly as directed with a glass of water. You can give it with or without food, but it may work better if you give it before food or a feed.

If your child has trouble swallowing -
Capsule: Open it and mix the contents with a small amount of soft food or liquid. Your child needs to swallow this mixture without chewing. Do not crush the capsule contents.
Tablet: Stir it into water or juice (not fizzy drink or milk). Your child needs to drink this without chewing. Do not crush the tablet.
Liquid: Shake well before use. Measure each dose carefully with an oral syringe or measuring spoon.

What if you forget a dose?

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

Can other medicines be taken?

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

- iron supplements (e.g. Centrum Kids Incremin Iron Mixture®)

Tell your pharmacist or doctor about all medicines or treatments that your child may be taking, including vitamins, herbal products 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

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

Other information:

- Rarely, *omeprazole* can cause kidney problems. Often there are no symptoms, but your child may feel unusually tired or weak, or have a fever or nausea. Discuss this with their health professional.
- If your child's symptoms are well managed, talk to their doctor about whether they need to keep taking *omeprazole* – they may recommend that it is stopped. When they stop they may get symptoms like reflux and heartburn but these should only last for a few weeks. Talk to their health professional if these are troublesome, or if they do not get better.
- Long-term use of *omeprazole* may cause bone problems, gut infections, and low vitamin B12. Tell your doctor if your child has weak bones (osteoporosis), if they experience severe diarrhoea or stomach cramps or if you have concerns about their vitamin B12. Talk to their doctor about how long they should take *omeprazole* for.
- Store *omeprazole* liquid in the fridge. If you have any liquid leftover after the expiry date on the bottle, take it back to your pharmacy.