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Farrell B, Pottier K, Thompson W, Boghossian T, Pizzola L, Rashid J, Rojas-Fernandez C, Walsh K, Welch V, Moayyedi P. (2015). Evidence-based clinical practice guideline for deprescribing proton pump inhibitors. Unpublished manuscript.

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### PPI Availability in Australia

PPI	Standard dose (healing) (once daily)*	Low dose (maintenance dose) (once daily)
Omeprazole (Losec <sup>®</sup> ) – Tablet	20mg	10mg
Esomeprazole (Nexium <sup>®</sup> ) – Tablet, Granule	20mg <sup>a</sup> or 40mg <sup>b</sup>	40mg
Lansoprazole (Zoton <sup>®</sup> ) – Tablet	30mg	15mg
Pantoprazole (Somac <sup>®</sup> ) – Tablet, Granule	40mg	20mg
Rabeprazole (Pariet <sup>®</sup> ) – Tablet	20mg	10mg

### Legend

- a** Non-erosive reflux disease
- b** Reflux esophagitis

\* Standard dose PPI taken BID only indicated in treatment of peptic ulcer caused by *H. pylori*; PPI should generally be stopped once eradication therapy is complete unless risk factors warrant continuing PPI (see guideline for details)

### Key

**GERD** = gastroesophageal reflux disease

**SR** = systematic review

**NSAID** = nonsteroidal anti-inflammatory drugs

**GRADE** = Grading of Recommendations Assessment, Development and Evaluation

**H2RA** = H2 receptor antagonist

### Engaging patients and caregivers

Patients and/or caregivers may be more likely to engage if they understand the rationale for deprescribing (risks of continued PPI use; long-term therapy may not be necessary), and the deprescribing process

### PPI side effects

- When an ongoing indication is unclear, the risk of side effects may outweigh the risk of benefit
- PPIs are associated with higher risk of fractures, *C. difficile* infections and diarrhea, community-acquired pneumonia, vitamin B12 deficiency and hypomagnesemia
- Common side effects include headache, nausea, diarrhea and rash

### Tapering doses

- No evidence that one tapering approach is better than another
- Lowering the PPI dose (for example, from twice daily to once daily, or halving the dose, or taking every second day) OR stopping the PPI and using it on-demand are equally recommended strong options
- Choose what is most convenient and acceptable to the patient

### On-demand definition

Daily intake of a PPI for a period sufficient to achieve resolution of the individual's reflux-related symptoms; following symptom resolution, the medication is discontinued until the individual's symptoms recur, at which point, medication is again taken daily until the symptoms resolve

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