



# Proton Pump Inhibitors

*What they are and how they work*

This handout explains proton pump inhibitors, which decrease the amount of acid made in the stomach.

## What are proton pump inhibitors?

Proton pump inhibitors are medicines that decrease the amount of acid your stomach produces. They are used to ease symptoms of gastroesophageal reflux disease (GERD). These symptoms include heartburn, regurgitation, gas, and belching. GERD has been linked to several respiratory (lung) disorders. By making the stomach less acidic, proton pump inhibitors may help prevent lung irritation or damage that may occur when the lungs are exposed to stomach contents from reflux.

Proton pump inhibitors are available as capsules, tablets, granules, or in liquid form to be given through an IV (*intravenously*). Not all products come in all forms. Some common product names are:

- Dexlansoprazole (Dexilant)
- Esomeprazole (Nexium)
- Lansoprazole (Prevacid)
- Omeprazole (Prilosec, Zegerid)
- Pantoprazole (Protonix)
- Rabeprazole (AcipHex)

## How do I take the medicine?

- Take your medicine 30 minutes before a meal.
- Swallow tablets or capsules whole. Do **not** crush or chew them.
- Take your medicine as prescribed for best results.
- If you miss a dose, do **not** double your next dose. Take your next dose at the regularly scheduled time.
- Esomeprazole, lansoprazole, omeprazole, and pantoprazole come in liquid form if you are unable to swallow tablets or capsules.
- Lansoprazole is available as a tablet that you place under your tongue, where it will dissolve.

## **Questions?**

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Interstitial Lung Disease  
Clinic: 206-598-4967

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## **How do I store the medicine?**

Store your medicine in a closed container at room temperature. Keep it out of reach of children.

## **What are the side effects?**

You may have these side effects when taking proton pump inhibitors:

- Diarrhea
- Gas
- Abdominal pain
- Headache

If these side effects bother you, tell your doctor.

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UNIVERSITY OF WASHINGTON  
MEDICAL CENTER

### **Pulmonary Diagnostic Services**

Box 356166  
1959 N.E. Pacific St. Seattle, WA 98195  
206-598-4967