

# Side Effects of Proton Pump Inhibitors

## What are proton pump inhibitors?

Proton pump inhibitors, or PPIs, are medicines used to treat acid reflux and stomach ulcers.

## What side effects can they cause?

Using PPIs for too long can lead to side effects, such as:

- Hip fracture
- Pneumonia
- Diarrhea from an infection
- Rebound indigestion (worsened symptoms after you stop using PPIs)

Talk to your doctor about how long you should take a PPI, especially if it was first prescribed in the hospital or by another doctor.

## Can I take other medicines if I am taking a PPI?

PPIs can affect how other medicines work. These medicines include clopidogrel (brand name: Plavix), which prevents blood clots, and iron supplements. Make sure your doctor knows if you are taking these medicines.

## Are there other ways to treat my symptoms?

There are over-the-counter medicines you can take for acid reflux or stomach ulcers. They are

called H<sub>2</sub> blockers (examples: Pepcid, Tagamet, Zantac). Talk to your doctor about whether they can help your symptoms.

Other ways to treat reflux symptoms include changing your diet. You should avoid alcohol, peppermint, caffeine, and nonsteroidal anti-inflammatory drugs, such as ibuprofen (one brand: Motrin). Also, do not smoke, exercise a lot after eating, or eat right before bedtime.

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### Notes:

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**This handout is provided to you by your family doctor and the American Academy of Family Physicians. Other health-related information is available from the AAFP online at <http://familydoctor.org>.**

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