

# Omeprazole

Medication Information Leaflet

## What is this medication for?

Omeprazole is used to treat various conditions of the gastrointestinal (stomach and intestines) tract including:

- Gastro-oesophageal reflux disease (a condition where the acid from the stomach goes back up the food tube and throat, causing pain and a burning sensation known as heartburn)
- Ulcers of the gastrointestinal tract (treatment and prevention)

## How should I take/use this medication?

- Do not stop taking your medication without checking with your healthcare professional.
- Take this medication 30 to 60 minutes before a meal. Capsules should be swallowed whole with water.
- Contents of the capsule should not be chewed or crushed.
- If you have swallowing difficulties, you can open the capsule and swallow the content or suspend it in a slightly acidic fluid such as fruit juice. You should drink the suspension within 30 minutes. A liquid preparation is available in some hospitals.

## What should I do if I forget to take/use this medication?

If you forget to take a dose, take it as soon as you remember. Skip the dose if it is too near to your next dose. Then take your next dose at the usual time. Do not take two doses to make up for the missed dose.

## What precautions should I take?

Inform your healthcare professional if:

- You are allergic to this medication or any of the other ingredients of this medication
- You are pregnant, planning to become pregnant, or breastfeeding
- You are taking any other medications, including supplements, traditional medications and herbal remedies.
- You experience weight loss for no reason or are vomiting food or blood as this medication may hide the symptoms of other diseases..
- You have watery or bloody stools that do not stop after a few days as this medication may increase your risk of diarrhoea caused by a type of bacteria called *Clostridium difficile*.

- You have osteoporosis, a condition where your bones become weak or fragile, as this medication may increase your risk of bone fractures.

## **What are some common side-effects of this medication?**

- Side effects of omeprazole include headache, stomach pain, diarrhea, nausea, vomiting or passing gas.
  - Please consult your healthcare professional if the symptoms do not go away or when any unexplained or unusual symptoms occur.

## **What are some rare but serious side-effects that I need to seek medical advice immediately?**

Consult your healthcare professional if you develop any blood in your stool (including blackened stool) or vomit.

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

Unusual symptoms such as muscle spasms (uncontrollable muscle movements), palpitations, dizziness and seizures may be a sign of low magnesium in the body.

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

## **What food or medication should I avoid when I take this medication?**

Inform your healthcare professional if you are taking or intend to take any other medication, supplements, traditional medications or herbal remedies.

This includes certain medications such as:

- Medications used to treat human immunodeficiency virus (HIV) infection.
- Blood thinners (e.g. warfarin, clopidogrel).
- Anti-fungal medications (e.g. ketoconazole).
- Drugs to treat mood (e.g. citalopram, imipramine and clomipramine).
- seizures (e.g. phenytoin).
- Other medications such as digoxin, cyclosporin, methotrexate and iron salts.

## **How should I store this medication?**

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

## How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

### Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

*This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore.*

*Last updated on September 2019*