

Proton Pump Inhibitor - Lansoprazole and Dexlansoprazole

Medication Information Leaflet

What is this medication for?

Lansoprazole and Dexlansoprazole are used to treat various conditions of the gastrointestinal (stomach and intestines) tract including:

- Gastro-oesophageal reflux disease is 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
- Treating and preventing ulcers of the gastrointestinal tract

How should I take/use this medication?

- Do not stop taking your medication without checking with your healthcare professional.
- You may take this medication with or without a meal.
- Capsules should be swallowed whole with water.
 - Do not crush or chew the contents of the capsule.
- If you have difficulty swallowing the capsule, 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.
- Oro-disintegrating tablets (ODT) are available in some hospitals.
 - To use, you may place the tablet on your tongue and gently suck.
 - The tablet will dissolve in your mouth and release the medication.
 - The ODT can also be swallowed whole with water.
 - Do not crush or chew the ODT

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. 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 have a history of liver and/or kidney disease

- You have a history of osteoporosis, a condition where your bones become weak or fragile, as this medication may increase your risk of bone fractures
- You are taking any other medications, including supplements, traditional medications and herbal remedies.

What are some common side-effects of this medication?

- Common side effects may include headache, diarrhoea, nausea
 - These symptoms are usually mild and will pass over time

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

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

Signs that your condition may require further medical attention include:

- Shortness of breath, hoarseness, wheezing, teeth erosion and ear infection
- Alarm features including pain on swallowing, swallowing difficulty, blood in the stools or vomit, chest pain, unintended weight loss and jaundice (yellowing of the skin and whites of the eyes)
- Heartburn symptoms occurring for more than 3 times a week with significant impact on quality of life
- Heartburn symptoms continuing for more than 2 weeks despite self-treatment
- Heartburn symptoms continuing for over 3 months irregardless of self-treatment
- You are over 40 years old and experiencing heartburn symptoms for the first time
- 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*

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

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

These medications may decrease the absorption of several vitamins and minerals such as vitamin B12, magnesium, and iron. Speak with your healthcare professional to determine if you need to supplement these vitamins and minerals.

Inform your healthcare professional if you are taking or intending to take any other medications, 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)
- Oral anti-fungal medications (e.g. ketoconazole)
- Drugs used to treat the mood (e.g. fluvoxamine)
- Drugs used to manage seizures (e.g. phenytoin)
- Other medications e.g. cyclosporin, methotrexate

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 reviewed on December 2019