

Patient's name: _____

Date: ____ / ____ / ____ Next review: ____ / ____ / ____



National Prescribing Service Limited

'Step-down' of medicines prescribed for your acid reflux/heartburn

Not all medicines for acid reflux and/or heartburn may need to be taken all the time. Your doctor may ask you to record your symptoms.

Your doctor has recommended the following

- Continue taking _____
(your current medicine)
 - Same dose _____ mg daily
 - Lower dose _____ mg daily
 - Same dose _____ mg,
but only on days when you get symptoms
- Stop taking _____
(your current medicine)

Your symptoms may not return when you stop your medicine.

- Start taking _____
(new medicine) _____
medicine / dose / frequency
- Lifestyle changes (see opposite)
- A pack of 3 medicines to get rid of the stomach bacteria *H. pylori*. It is important to take all 3 medicines for 7 days.
- Other management

Call Medicines Line 1300 888 763 (Monday to Friday 9am – 6pm EST) for independent information on your medicines.

What else can you do to improve your acid reflux/heartburn symptoms?

- Make sure you understand why you are taking your medicine.
- If foods such as fatty and spicy foods cause your symptoms, try to avoid them.
- Avoid eating large or late meals, and avoid lying down immediately after meals.
- If you are overweight, try losing some weight.
- If you drink more than two standard drinks of alcohol per day, reduce the amount you drink.
- Stop smoking. Discuss with your doctor or pharmacist ways to quit, or call the Quitline on **13 QUIT (13 78 48)**. Plan your quit date.
- If you experience heartburn symptoms that are worse at night and disrupt your sleep, try raising the head of your bed.
- Keep a record of your medicines. Use a medicines list. Download or order free resources from NPS at www.nps.org.au/consumer_resources, or call 02 8217 8700.
- For more information on proton pump inhibitors: Ask your pharmacist or doctor for a copy of the Consumer Medicine Information (CMI) leaflet or search online at www.nps.org.au/consumers.

Record your symptoms until your next doctor's review:

Record any foods or drinks that may have caused your symptoms:

What to do if you develop problems

Contact your doctor if your symptoms get worse or if you get any of the following problems:

- vomiting, especially if you vomit blood or material that looks like coffee grounds
- dark, sticky bowel motions
- difficult or painful swallowing
- unexplained weight loss
- chest pain, chest pain that gets worse with or after exercise or chest pain that goes into your chin or left shoulder. These may be signs of a heart problem.

Signature: _____

Practice stamp: