

THERAPY FOR MILD INTERMITTENT SYMPTOMS

Lifestyle measures may be all that is needed to relieve symptoms.¹¹

If a medicine is required, use antacids or H₂ antagonists or standard-dose PPI as needed.¹¹

Advise patient to return if symptoms persist or if medicine is needed more than once-per-week – they may need to begin therapy for GORD.¹¹

INITIAL THERAPY FOR GORD

STANDARD DOSE PPI THERAPY

PPI:

All PPIs have similar efficacy and adverse effects at equivalent doses.²¹

Dosage:

Standard dose (Table 2) of a PPI taken once daily 30–60 minutes before a meal. For patients with symptoms mostly during the day, take PPI before breakfast. For patients with symptoms mostly at night, take PPI before evening meal.^{11,21}

Therapy duration:

4–8 weeks.^{11,21}

Patients with atypical symptoms may need higher dose therapy and/or longer therapy duration.³

SUCCESS

FAILURE

STEP-DOWN THERAPY FOR GORD

REDUCE DOSE OF PPI

Reduce the daily dose of PPI or dose on alternate days.¹¹

For example, patient on standard-dose omeprazole (20 mg) once daily is stepped down to low-dose omeprazole (10 mg) once daily, or to 20 mg omeprazole on alternating days.

OR

ON-DEMAND PPI

Take lowest effective dose of PPI on days when symptoms occur.¹¹

For example, patient with well-controlled symptoms on lansoprazole 15 mg once daily is stepped down to lansoprazole 15 mg on days when symptoms occur.

OR

TRIAL CESSATION OF PPI

Stop PPI. Some patients will not relapse and mild intermittent symptoms may be adequately managed with H₂ antagonists or antacids.^{3,11}

If a step down does not adequately control symptoms, resume with the lowest effective dose and frequency of PPI.¹¹

REFER FOR ENDOSCOPY AND/OR SPECIALIST REVIEW

Patient is refractory to PPI therapy or response is inadequate despite satisfactory adherence.^{3,11}

Patient experiences alarm symptoms at any time.^{3,11}

LIFESTYLE MEASURES

Advise patients with gastro-oesophageal reflux symptoms on lifestyle measures which are applicable.

Lifestyle measures may help control symptoms and reduce the need for medicine.^{11,21}