

Proton Pump Inhibitor (PPI)

Medications for Eosinophilic Esophagitis

Eosinophilic esophagitis (EoE) can be treated in a variety of ways with diet or medications. One medication category is a proton pump inhibitor (PPI) medications. PPI medications are commonly used to decrease stomach acid but have also been shown to reduce inflammation in EoE. When used in patients with EoE, PPI medications can have an anti-inflammatory effect, reducing the number of eosinophils present in the esophagus and reducing symptoms.

PPI drugs come in a variety of generic and brand names, including esomeprazole (brand name Nexium), dexlansoprazole (Dexilant, Kapidex), lansoprazole (Prevacid), omeprazole (Prilosec), pantoprazole (Protonix), and rabeprazole (Aciphex).

Your doctor will help you determine the right amount (dose) and how often (frequency) to take the PPI medication. These medicines can come as capsules, tablets, orally disintegrating tablets, granules, or liquids depending on your doctor's prescription and what your medical insurance may cover. It is important to mention that some insurance companies are particular about what medications they cover, and some may not cover PPI medications. Some PPI medications may be purchased over the counter.

Important information you need to know about PPI use is summarized below:

How is this drug best given?

PPI's need to be taken 1/2 hour before a meal.

Different forms of PPI's

1. Capsules

- Have your child swallow whole. Do not let your child chew or crush.
- You can open up the capsule and sprinkle contents of capsule on 1 tablespoon (15 mL) of applesauce, baby food pears, or other allergy-safe food.
- You can also, open the capsule and mix the capsule contents with 60 mL of apple, orange, or another liquid.
- Do not let your child chew the granules.
- Have your child swallow right away.
- Do not store for use at a later time.

2. Oral-disintegrating tablet:

- Place on your child's tongue and let it dissolve. Water is not needed. Do not let your child swallow it whole. Do not let your child chew, break, or crush the tablet.
- You may also dissolve the tablet in an oral syringe with water. Place the tablet in an oral syringe and up 10 mL of water. Shake gently until the tablet dissolves. Give within 15 minutes of mixing. After giving, refill the syringe with 5 mL of water, shake gently and have your child swallow.

3. Powder of suspension:

- Mix the 2.5 mg packet contents with water as per your doctor's instructions. Let sit for 2 to 3 minutes, stir, and have your child drink. Rinse cup with more water and have your child drink. Give your child the dose within 30 minutes after mixing. Throw away any part not used within 30 minutes of mixing.
- Those who have feeding tubes may use this drug but it is important to check with your doctor first especially for those using certain types of feeding tubes. You will want to make sure the medication doesn't clog the tube and therefore it's important to flush the feeding tube after this drug is given as directed.

4. Liquid (suspension):

- Your pharmacist will need to mix this drug before you get it.
- Shake well before use.

Capsules



Tablet



Powder (packet)



Liquid



What side effects require an urgent call to the doctor?

WARNING/ CAUTION: PPI MEDICATION SEVERE DRUG REACTIONS ARE NOT COMMON.

Tell your child's doctor or get medical help right away if your child has any of the following signs or symptoms that may be related to a very bad side effect.

- Signs of an allergic reaction, like rash, hives, itching, red, swollen, blistered or peeling skin with or without fever, wheezing, tightness in the chest or throat, trouble breathing, swallowing, or talking, unusual hoarseness, or swelling of the mouth, face, lips, tongue, or throat.
- Signs of infection like fever, chills, sore throat, stomach pain or diarrhea
- Signs of low magnesium levels like mood changes, muscle pain or weakness, muscle cramps or spasms, seizures, shakiness, not hungry, very bad upset stomach or throwing up, or a heartbeat that does not feel normal.
- Signs of kidney problems like unable to pass urine, change in how much urine is passed, blood in the urine, or a big weight gain.



What do I do if my child misses a dose?

- Give a missed dose as soon as you think about it.
- If it is close to the time for your child's next dose, skip the missed dose and go back to your child's normal time.
- Do not give 2 doses at the same time or extra doses.

What are some things I need to know or do while my child takes this drug?

In general, the PPI medications are considered safe and well tolerated, but there are some risks especially with long term use. PPI medication risks may include but are not limited to infections, kidney disease, bone fractures and electrolyte problems.