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July 17, 2010

RE: Omeprazole suspension for the treatment of GORD in infants

Dear Health Professional:

Omeprazole suspension:

- Is made with Omeprazole, sodium bicarbonate and water, and has an unpleasant taste. Even when mixed with milk, it is not readily accepted although it is more effective if given with milk.<sup>1</sup>
- Was originally formulated for administration via nasogastric tube.<sup>1,2</sup>
- Is stable for one to four weeks.<sup>2</sup>
- Often makes babies vomit soon after taking it.<sup>4</sup>
- Is not as effective as the capsules and requires more frequent dosing.<sup>2</sup>

The recommended method for giving Omeprazole to infants is tipping the granules from a capsule into a tiny amount of pureed pears/apples.<sup>3</sup> The pears/apples act like the flavouring in other liquid medications and should not be considered solids.<sup>4</sup> Alternatively the granules can be washed down with water if pears/apples are not tolerated.<sup>3</sup> It is safe and effective to give Omeprazole in this way to very young infants.<sup>4</sup> Omeprazole granules which are protected from acid by an enteric coating should not be given with milk which is alkaline and will dissolve the enteric coating.<sup>3</sup>

GRSNNZ hears from time-to-time that Omeprazole suspension is prescribed. If parents are not fully informed when making a decision about whether to give suspension or granules, they will choose the suspension presuming it is like other liquid medications.

When prescribing Omeprazole for an infant/child, please prescribe the granules/capsules. Enclosed is an information sheet that can be given to parents. Similar information sheets for other medications, and information on medical and non-medical treatment of GORD in infants can be found on [www.cryingoverspiltmilk.co.nz](http://www.cryingoverspiltmilk.co.nz) or by contacting GRSNNZ.

Sincerely,

Roslyn Ballantyne (RN)  
Website Manager  
Crying Over Spilt Milk [www.cryingoverspiltmilk.co.nz](http://www.cryingoverspiltmilk.co.nz)  
Regional Coordinator

Enclosure (<http://www.cryingoverspiltmilk.co.nz/MedicalTreatment/Omeprazolegranules.pdf>. (Archived by WebCite® at <http://www.webcitation.org/5rHfwldS>))

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References:

<sup>1</sup> Zimmermann, Anthony; Walters, J; Katona, Brian; Souney, Paul. Alternative Methods of Proton Pump Inhibitor Administration. American society of Consultant Pharmacists, Inc. URL: <http://www.ascp.com/publications/tcp/1997/sep/clinical.html>. Accessed: 2010-07-17. (Archived by WebCite® at <http://www.webcitation.org/5rHjd0quT>)

Please share this information with your colleagues. ☺

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<sup>2</sup> Song, Jessica; Quercia, Robert; Fan, Chengde; Tsikouris, James; White, C. Pharmacokinetic Comparison of Omeprazole Capsules and a Simplified Omeprazole Suspension. American Journal of Health-System Pharmacy. 2001;58(8). URL:<http://www.medscape.com/viewarticle/406961>. Accessed: 2010-07-17. (Archived by WebCite® at <http://www.webcitation.org/5rHiWAYNM>)

<sup>3</sup> Dr Reddy's New Zealand Ltd. Omeprazole 10 mg, 20 mg, 40 mg capsules data sheet. Medsafe. URL:<http://www.medsafe.govt.nz/profs/Datasheet/o/Omeprazolecap.htm>. Accessed: 2010-07-17. (Archived by WebCite® at <http://www.webcitation.org/5rHj8o2f6>)

<sup>4</sup> Child Health Team. GORD – Reflux, Omeprazole URL:<http://www.healthpathways.org.nz/>. Accessed: 2010-07-17. (Private website)