

Date:

Doctor/Clinic/Hospital/Pharmacy Stamp

Dear Parent/Caregiver:

..... (child's name) has been prescribed Losec today with the aim of reducing the pain they suffer as a result of gastric reflux. They are to havemgtime(s) per day. This may be increased tomgtime(s) per day when they arekgs / after .../.../.... if symptoms persist or reappear. (Delete those not applicable). More information on this medication and how best to give it is below.

Omeprazole (Generic Name)

Losec (Trade Name), Prilosec (Trade Name in other countries)

Use: Proton pump inhibitor

Omeprazole turns off most of the pumps that are responsible for stomach acid production. This allows for inflammation in the oesophagus (throat) to heal. If your child has just commenced Omeprazole, it may take a week or more to see any improvement. This is because although the acid production is reduced almost immediately it can take longer for any damage (inflammation) in the oesophagus to heal. The dosage may need increasing as the child gains weight. Omeprazole will not decrease the amount of spilling/vomiting.

Administration: Omeprazole is most effective if given half an hour before a meal (1), but this may not be possible in an infant.

It is only available in capsule form in New Zealand. To achieve a smaller dose than available in a capsule it is opened and the granules divided into child sized doses. This does not need to be done exactly i.e. if giving 5mg per dose guess half of a 10mg capsule and keep the remainder for the next dose (unless you enjoy counting granules). The granules should then be mixed with something acidic before administration as mixing with other substances eg milk will reduce its effectiveness. A few mls of fruit juice, or ½ to 1 teaspoon of pureed fruit or fruit yoghurt is ideal. The granules must not be crushed and older children may need to be reminded to swallow but not chew. The Omeprazole should be taken within 30 minutes of preparation.

In younger infants we recommend that it be given in @ ½ a teaspoon of baby pears. Don't consider that this is the introduction of solids but instead purely medicinal, much the same as the syrup flavouring added to medicines such as paracetamol or antibiotics. A tin of baby pears can be frozen in ½ teaspoon ice cubes and taken out and defrosted as needed. With capsules that are split to obtain a smaller dosage, the remaining unused dry granules can be kept inside the capsule case, in a separate marked container for the next dose. Omeprazole should be kept in its original container or discarded after three months.

Side effects: Side effects are rare.

REFERENCES:

- (1) Medscape - Gastroesophageal Reflux Disease in Infants and Children
- (2) New Ethicals Catalogue and Compendium
- (3) Medsafe data sheets

ACKNOWLEDGMENTS:

GRASP (former New Zealand support group)
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Omeprazole granules



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