

Date:

Doctor/Clinic/Hospital/Pharmacy Stamp

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 havemltime(s) per day. This may be increased tomltime(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 only available in capsule form in New Zealand but the pharmacist sometimes makes Omeprazole into liquid form, (and this form is what the doctor has recommended your child has). The liquid is made by dissolving the granules in a sodium bicarbonate (salty) solution, and was initially intended only for administration via a naso-gastric tube. It is not pleasant tasting, is light sensitive (a colour change may occur on exposure to light to orange-to-black) and it is important to shake the bottle. The Omeprazole suspension (liquid) is best given with something alkaline, so a drink of milk immediately after the dose is recommended. You will need to pick up the suspension from the pharmacy somewhere between weekly to monthly, as its effectiveness decreases with time. It should be kept in the fridge when possible.

It is thought that Omeprazole may be less effective as a suspension, and it is possible to give Omeprazole to infants and children by opening a capsule.

Talk to your doctor or pharmacist if the medication is not having the desired effect, and if the capsule form is recommended contact GRSNNZ for information on how to give this.

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)

Vicki Martin, Nutrition and Herbal Technical Consultant, Healtheries of New Zealand Limited

Rochelle Wilson (GRASP National Coordinator 1995 - 2001).

Dr Rodney Ford, Paediatrician (www.HighEnergy-FoodDoctor.com)

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Omeprazole suspension



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