

Omeprazole Granules

Omeprazole (Generic Name)

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

Use: Proton pump inhibitor

Omeprazole turns off most of the pumps that are responsible for stomach acid production.

Administration: If prescribed once daily, Omeprazole is best given half an hour before the first "breakfast" feed of the day. If prescribed twice daily, the second dose should be given before the feed approximately 12 hours later or the last feed of the day. Giving half an hour before a feed may not be possible with an infant.

To achieve a smaller dose than available in a capsule, open and divide the granules into the dose prescribed. For example, if giving 5 mg per dose, approximately half of a 10 mg capsule is given and the remainder is kept for the next dose. The granules should be mixed with something acidic before administration as mixing with other substances, e.g. milk will reduce its effectiveness. A $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ teaspoon ice cubes, and taken out and defrosted as needed.

Side effects: Side effects are rare, but more common with very high doses (nausea and headache).

REFERENCES:

- (1) New Ethicals Catalogue and Compendium
- (2) Medsafe data sheets
- (3) Medscape - Gastroesophageal Reflux Disease in Infants and Children
- (4) <http://www.bpac.org.nz/BPJ/2011/november/infant-reflux.aspx> - Irritable infants reflux and GORD
- (5) https://www.nzfchildren.org.nz/nzf/resource/MFC/MfC_Omeprazole_for_GORD.pdf

ACKNOWLEDGMENTS:

GRASP (former New Zealand support group)
Rochelle Wilson (GRASP National Coordinator 1995 - 2001).
Dr Rodney Ford, Paediatrician (<http://drrodneyford.com/>)

Written by Roslyn Ballantyne (RN) for © *Crying Over Spilt Milk March 2022* - Gastric Reflux Support Network NZ for Parents of Infants & Children Charitable Trust. Charities Registration Number: CC26780.

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