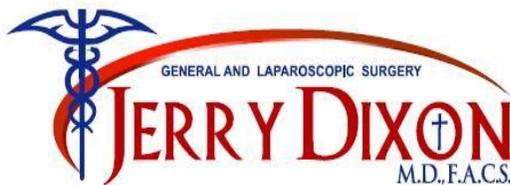


#3 Medical Park Dr., Suite 201
Benton, AR 72015
Phone: 501-778-3361
Fax: 501-778-3135



319 Bryant Avenue, Suite 2
Bryant, AR 72022
Phone: 501-847-7874
Fax: 501-778-3135

Reflux Medications and Information

Proton Pump Inhibitors (PPI) is a group of drugs that reduces gastric acid production. Below is a list of the different PPIs available. Dr. Dixon prefers Nexium or Dexilant over the other PPIs. We try to prescribe a PPI that is appropriate in the treatment of your symptoms and one that your insurance prefers. However, prescription drug coverage providers are constantly changing their preferred drugs. If the PPI prescribed is too expensive, check with your pharmacist or insurance provider about which medication is preferred. Then notify the nurse at the office for a new prescription to be given. You can contact Erica at 501-778-3361.

Proton Pump Inhibitors (PPI):

- Nexium 40 mg (prescription)
- Dexilant 60 mg (prescription)
- Aciphex 20 mg (prescription)
- Protonix 40 mg (prescription)
- Pantoprazole 40 mg (generic Protonix, prescription)
- Lansoprazole 15 or 30 mg (generic Prevacid, prescription and OTC)
- Prevacid 24 hour 15 mg (over the counter)
- Prilosec OTC 20.6 mg (over the counter)
- Omeprazole 20 or 40 mg (generic Prilosec, Dr. Dixon prefers 40 mg)
- Zegerid (combination of Omeprazole and sodium bicarbonate)

If you do not have insurance coverage or your insurance does not cover a PPI very well, you can take a histamine 2 blocker (H2B). These don't work as well as a PPI but are worth taking.

The following H2B are over the counter:

- Zantac 150-300 mg
- Pepcid 20-40 mg
- Tagamet 400-800 mg
- Axid 150-300 mg

***In addition to the medication remember the 5-lifestyle changes for better health. Medication alone cannot overcome a bad lifestyle.

1. No smoking.
2. No alcohol.
3. No aspirin or aspirin products such as Aleve, BC Powder or Motrin. An enteric coated aspirin a day for your heart is okay but otherwise try using Tylenol.
4. Avoid stress.
5. No carbonation such as Coke, Sprite or carbonated water. No caffeinated drinks such as tea, coffee or Red Bull. Avoid chocolate and peppermint. Avoid fatty, greasy, spicy foods. If it tastes good, spit it out.