

Advice on Medications

- Consult your doctor immediately if you experience any allergic reactions such as skin rash, swelling of the face or hands and breathing difficulty.
- Generally, adverse reactions are mild and transient. Consult your doctor if the adverse reactions persist or become worse.
- Antacids may interfere with the absorption of some oral medications. Take the medications separately as directed.
- Inform your doctor if you are pregnant, planning to become pregnant or breastfeeding.
- Tell your doctor or pharmacist about medications that you are taking, including prescription medicines, over-the-counter medicines and vitamins.



Lifestyle Advice

- Quit smoking.
- Avoid alcohol and stimulating beverages such as coffee and strong tea.
- Take enough rest and manage stress.

Storage

Store the medications in a cool, dry place and away from direct heat and light. Generally, there is no need to store in the refrigerator unless stated on drug labels.

Store the medications out of reach of children.

This information leaflet is for reference only.

Medicines should be used as directed by the doctor and pharmacist.

For enquiry, please contact your doctor, dispensary staff or other healthcare professionals.

Do not share your medicine with others.

General Knowledge on Medications for Peptic Ulcer Disease



Drug Office
Department of Health



Peptic Ulcer Disease (PUD) refers to the situation in which acid produced by the stomach damages the lining of the digestive tract, causing inflammation and ulcers. The ulcer may occur in the stomach, upper part of the small intestine, and lower oesophagus. The most common symptom is intermittent stomach pain. Other symptoms include bloating, heartburn, nausea and vomiting, and loss of appetite.

Common Causes of PUD

- 1 Helicobacter pylori (H. Pylori) infection
- 2 Long-term use of non-steroidal anti-inflammatory drugs (NSAIDs), e.g. ibuprofen, naproxen, aspirin.
- 3 Heavy smoking and excessive alcohol consumption

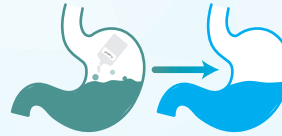
Medications for PUD

Combination therapy of antibiotics with proton pump inhibitor is used to kill the bacteria and promote ulcer healing. Complete the whole course of treatment as instructed.

For peptic ulcer disease caused by other reasons, the following medications are commonly used:

Antacids (Magnesium Trisilicate, Aluminium Hydroxide and Magnesium Hydroxide)

They relieve pain rapidly by neutralising gastric acidity and thus relieving irritation to stomach wall and the ulcer sites. They are commonly available as chewable tablets, which should be chewed well before swallowing. For liquids, shake well before use. Take antacid after meal for more effective pain relief. Common side effects include constipation and diarrhoea.



Histamine-2 receptor antagonists (Famotidine)

They suppress gastric acid secretion and promote ulcer healing. Side effects are uncommon, including constipation, diarrhoea and dizziness.



Proton pump inhibitors (Omeprazole, Esomeprazole, Pantoprazole)



They suppress gastric acid secretion and promote ulcer healing. Take proton pump inhibitors on empty stomach for maximum effect. Do not chew or crush the tablet. Treatment with proton pump inhibitors may lead to slightly increased risk of gastrointestinal infections. Common side effects include abdominal pain, constipation, diarrhoea and dizziness.



Symptoms to watch for

Consult your doctor if you have the following symptoms:

- Vomitus resembling ground coffee or with blood
- Black stools
- Unintentional weight loss
- Difficulty swallowing
- Prolonged abdominal pain or vomiting