

ANTACIDS

What does it do?

Antacids are used to treat reflux, indigestion and heartburn.

Many types of *antacids* are available and they usually contain a few different medicines.

Aluminium hydroxide, calcium carbonate, magnesium (carbonate or hydroxide or trisilicate) and bicarbonate (sodium or potassium) are all *antacids*. They reduce stomach acid.

Some *antacids* also contain alginate or simeticone. Alginate forms a barrier over your stomach acid. Simeticone reduces bloating by breaking down gas bubbles in your stomach.

Before you start

- Some *antacids* contain sodium (salt). Tell your doctor if you have heart failure or kidney problems AND you are on a low-salt diet.

How should you take it?

Take *antacids* as directed.

They usually come as either chewable tablets or liquid.

Chew the tablets well before swallowing.

Shake the liquid well before each dose.

Can you take other medicines?

Some medicines available without a prescription may react with *antacids* including:

- iron supplements (e.g. Ferro-Tab®) – separate dose by two hours

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Antacids are unlikely to cause any side effects.

Side Effects	Recommended action
Diarrhoea	Can happen with antacids containing magnesium - tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- *Antacids* don't treat any underlying problems that might be causing reflux, indigestion or heartburn. Talk to your doctor if you need to take *antacids* regularly (every day for more than a week or two).