

## 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).