

## OMEPRAZOLE (for children)

*oh-mep-ra-zole*

### What does it do?

*Omeprazole* is used to treat and prevent some stomach and gut problems, such as indigestion, reflux, and ulcers. It reduces the amount of acid made in your stomach.

### How is it given?

Give *omeprazole* regularly as directed with a glass of water. You can give it with or without food, but it may work better if you give it before food or a feed.

If your child has trouble swallowing -

Capsule: Open it and mix the contents with a small amount of soft food or liquid. Your child needs to swallow this mixture without chewing. Do not crush the capsule contents.

Tablet: Stir it into water or juice (not fizzy drink or milk). Your child needs to drink this without chewing. Do not crush the tablet.

Liquid: Shake well before use. Measure each dose carefully with an oral syringe or measuring spoon.

### What if you forget a dose?

If it is nearly time for their next dose, skip the missed dose and give their next dose at the usual time. Otherwise, give the missed dose as soon as you remember. Do not give two doses at the same time.

### Can other medicines be taken?

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

- iron supplements (e.g. Centrum Kids Incremin Iron Mixture®)

Tell your pharmacist or doctor about all medicines or treatments that your child may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs.

### What side effects might you notice?

Side Effects	Recommended action
Muscle twitching or cramps, tiredness or weakness, tingling or numbness (may be signs of low magnesium)	Tell your doctor
Headache Stomach upset	Tell your doctor if troublesome

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

### Other information:

- If your child's symptoms are well managed, their doctor may recommend stopping *omeprazole*. When they stop they may get symptoms like reflux and heartburn but these should only last for a few weeks. Talk to their health professional if these are troublesome, or if they do not get better.
- Long-term use of *omeprazole* may cause side effects such as weak bones and gut infections. Tell your doctor if your child develops severe or persistent diarrhoea and abdominal pain.
- Store *omeprazole* liquid in the fridge. If you have any liquid leftover after the expiry date on the bottle, take it back to your pharmacy.