



Your guide to digestive relief during the holidays.

Digestive Aids



Proton Pump Inhibitors (PPIs)

Function

Directly inhibit the acid pumps in the stomach

Names

Dexilant (dexlansoprazole), Nexium (esomeprazole), Prevacid (lansoprazole), Prilosec, Zegerid (omeprazole), Prontonix (pantoprazole), Aciphex (rabeprazole)

Benefits

Prevents GERD symptoms and helps heal inflammation of the esophagus due to acid reflux. Takes up to three days for maximum benefit.

Side Effects

Possible to experience low magnesium levels, B-12 deficiencies, allergic reactions, and other side effects. Consult with your doctor or pharmacist about other possible side effects. If you are self-treating with the over-the-counter product, do not take it for more than 14 days unless directed by your doctor. Tell your doctor if your condition persists or worsens. If you are self-treating, tell your doctor if your heartburn persists after 14 days or if you need to use this medication more than once every 4 months. The risk of side effects goes up over time.

Histamine Blockers (H2)

Function

Histamine increases stomach acid secretion; blocking histamine can reduce acid production and GERD symptoms. Treats gastric and duodenal ulcers and relieves or prevents heartburn, acid indigestions, and sour stomach.

Names

Axid, Axid AR, Axid Pulvules, Heartburn Relief, Pepcid, Pepcid AC, Tagamet, Tagamet HB, Zantac, Zantac 150, Zantac 150 Efferdose, Zantac 75

Benefits

Works immediately and less long term side effects

Side Effects

Certain medicines should not be used at or around the time of eating food or eating certain types of food since interactions may occur. Using alcohol or tobacco with certain medicines may also cause interactions to occur. Discuss with your healthcare professional the use of your medicine with food, alcohol, or tobacco. The presence of other medical problems may affect the use of medicines in this class. Make sure you tell your doctor if you have any other medical problems, especially kidney disease, liver disease, phenylketonuria (PKU), porphyria, or a weakened immune system.

Antacids

Function

Antacids neutralize the acid made by your stomach. They are commonly used in conditions where it is helpful to neutralize the acid made in the stomach. For example, for acid reflux which causes heartburn.

Names

Alka-Seltzer and Bromo Seltzer (sodium bicarbonate antacids), Tums (calcium carbonate antacids), Amphojel (aluminum-based antacids), Philips' Milk of Magnesia (magnesium compounds), Maalox, Mylanta, Riopan (combination aluminum-magnesium antacids), Gaviscon (alginic acid)

Benefits

Helps relieve heartburn or indigestion caused by excess stomach acid.

Side Effects

Consult your doctor or pharmacist before taking an antacid if you take other medicines. Antacids may interfere with the absorption and action of some prescription medicines. Also consult your doctor if you have ulcers or kidney problems. Do not use antacids for more than 2 weeks unless you have talked with your doctor about taking them on a long-term basis.

Probiotics

Function

Help to maintain a desirable community of microorganisms by stabilizing the digestive tract's barriers against undesirable microorganisms or produce substances that inhibit their growth and stimulate the immune response. Probiotics are bacteria that line your digestive tract and support your body's ability to absorb nutrients and fight infection.

Names

There are 500 to 1,000 different types of bacteria in your intestines amounting to trillions of microbes and all have their own role to play. Probiotic supplements contain a very small subset of bacteria believed to be helpful in nourishing key communities. Here are a few to look out for:

- *Lactobacillus*: This is a diverse family of bacteria, some of which are found in dairy products. *Lactobacillus bulgaricus*, *acidophilus*, *gasseri*, *ramnosus* and *casei* are all species that have some research supporting their use.
- *Saccharomyces boulardii*: This is a type of yeast that some research suggests may be helpful in some cases of diarrhea and other GI complaints.
- *Bacillus coagulans*: Similarly to *Lactobacillus*, this is thought to be a member of naturally occurring good bacteria. More research needs to be done, but some studies indicate it may help with certain gastrointestinal illnesses and diseases.
- *Bifidobacteria*: Another intestine-dwelling bacteria that some studies are showing may be helpful for certain types of diarrhea and in conditions where the lining of the intestine and the bacterial communities that live there are damaged. The *infantis* kind is particularly helpful.
- *Streptococcus thermophiles*: Unrelated to the Strep from "Strep throat," this bacteria seems to work with *Lactobacillus* to produce helpful nutrients.

Benefits

- boost immune system
- prevent and treat urinary tract infections
- improve digestive function
- heal inflammatory bowel conditions like IBS
- manage and prevent eczema in children
- fight food-borne illnesses

Side Effects

In people who are generally healthy, probiotics have a good safety record. Side effects, if they occur at all, usually consist only of mild digestive symptoms such as gas. There have been reports linking probiotics to severe side effects, such as dangerous infections, in people with serious underlying medical problems. The people who are most at risk of severe side effects include critically ill patients, those who have had surgery, very sick infants, and people with weakened immune systems.

Digestive Enzymes

Function

To support optimal digestion of proteins, fats, and carbohydrates

Name

Digestzymes™ from Designs for Health

Benefits

Aids in the breakdown of casein proteins found in cow's milk, gluten, and includes the enzyme lactase to help break down sugar lactose. The use of Digestzymes™ before meals may be helpful when patients experience gas and bloating after eating, constipation, or a feeling of fullness after eating only a small quantity of food.

Side Effects

Diarrhea, abdominal pain/cramps, or nausea may occur. If any of these effects persist or worsen, tell your doctor or pharmacist promptly.

Always ask your physician or pharmacist for details on these medications and supplements. It is important to do a consultation to avoid drug interactions and to promote the best results possible. Keep in mind that digestive systems are unique and a regimen may need to be tailored to fit your specific need.

For questions or concerns, do not hesitate to call CustomPlus Pharmacy at 765-463-2600.