

**Stomach Protection for patients on NSAID anti-inflammatory or anti-platelet drugs**

At Westway Medical Centre, we regularly review your record to ensure that we are offering you the best possible care.

We have identified you as having one or more risk factors for experiencing gastrointestinal (GI) adverse effects e.g. indigestion, ulcer, perforation, obstruction, or bleeding.

This is because you are currently prescribed a NSAID (e.g. naproxen or ibuprofen) and/or an antiplatelet (e.g. aspirin or clopidogrel).

**Why is this important?**

It is important that we protect your stomach to reduce the risk of experiencing these GI effects. As a result, we recommend that you take a ***Proton Pump Inhibitor (PPI)*** such as lansoprazole. They work by reducing the amount of gastric acid the stomach produces.

**How do I take my proton pump inhibitor?**

Lansoprazole should be taken once a day, 30 minutes before food even if you have no symptoms of indigestion or dyspepsia.

## Do I need to have any tests or be monitored because I am taking a proton pump inhibitor?

No extra tests are required when you are taking a PPI but we would normally review long term PPI use annually.

**Are there any side effects?**

Most patients do not get any side effects. These drugs are well tolerated. Side effects associated with PPIs may include

* Diarrhoea
* Constipation
* Headache
* Dizziness

These side effects should be mild, but if you have any concerns about these or any other side effects, please contact your doctor or pharmacist for advice.

For more information, please see the following link: <https://www.nhs.uk/medicines/lansoprazole/>

**Next steps**

We have sent a prescription for lansoprazole to your pharmacy.

Please continue to take this medication regularly unless advised otherwise.

If you experience any untoward side effects with this medication, please contact the surgery as there are several other alternatives we can consider.

If you wish to discuss this with a clinician please request an appointment