PATIENT & CAREGIVER EDUCATION

Omeprazole and Sodium Bicarbonate

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

Konvomep; OmePPi; Zegerid; Zegerid OTC [OTC]

What is this drug used for?

- It is used to treat gastroesophageal reflux disease (GERD; acid reflux).
- It is used to treat heartburn.
- It is used to treat GI (gastrointestinal) ulcers.
- It is used to treat or prevent ulcers of the esophagus.
- It is used to prevent GI (gastrointestinal) bleeding in some patients.
- It may be given to you for other reasons. Talk with the doctor.

What do I need to tell my doctor BEFORE I take this drug?

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.
- If you have any of these health problems: Bartter's syndrome, low calcium or potassium levels, or acid-base problems in the blood.
- If you have liver disease.

- If you have any of these health problems: Black or bloody stools; heartburn with light-headedness, sweating, dizziness, or wheezing; chest pain; shoulder pain with shortness of breath; pain that spreads to the arms, neck, or shoulders; lightheadedness; sweating a lot; throwing up blood; or trouble or pain swallowing food.
- If you have had kidney problems caused by this drug or a drug like this one.
- If you are taking any of these drugs: Atazanavir, clopidogrel, methotrexate, nelfinavir, rifampin, rilpivirine, St. John's wort, or warfarin.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take this drug?

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- It may take a few days to see the full effect.
- Do not take this drug for longer than you were told by your doctor.
- This drug may affect certain lab tests. Tell all of your health care providers and lab workers that you take this drug.
- If you are on a low-sodium or sodium-free diet, talk with your doctor. Some of these products have sodium.
- If you have high blood sugar (diabetes), you will need to watch your blood sugar closely.
- This drug may raise the chance of hip, spine, and wrist fractures in people with weak bones (osteoporosis). The chance may be higher if you take this drug in high doses or for longer than a year, or if you are older than 50 years

old.

- Use care if you have risks for soft, brittle bones (osteoporosis). Some of these risks include drinking alcohol, smoking, taking steroids, taking drugs to treat seizures, or having family members with osteoporosis. Talk with your doctor about your risks of osteoporosis.
- Rarely, low magnesium levels have happened in people taking drugs like this one for at least 3 months. Most of the time, this happened after 1 year of treatment. Low magnesium levels may lead to other electrolyte problems. You may need to have your blood work checked as your doctor has told you.
- Very bad pancreas, liver, and white blood cell problems have happened in people who were taking this drug. Rarely, these have been fatal. Talk with the doctor if you have questions.
- The risk of stomach growths called fundic gland polyps may be higher in people who take this drug for more than 1 year. If you have questions, talk with the doctor.
- If you are of Asian descent, use this drug with care. You could have more side effects.
- Tell your doctor if you are pregnant, plan on getting pregnant, or are breast-feeding. You will need to talk about the benefits and risks to you and the baby.

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.

- Signs of electrolyte problems like mood changes; confusion; muscle pain, cramps, or spasms; weakness; shakiness; change in balance; an abnormal heartbeat; seizures; loss of appetite; or severe upset stomach or throwing up.
- Signs of kidney problems like unable to pass urine, change in how much urine is passed, blood in the urine, or a big weight gain.
- Signs of high blood sugar like confusion, feeling sleepy, unusual thirst or hunger, passing urine more often, flushing, fast breathing, or breath that smells like fruit.
- Signs of a pancreas problem (pancreatitis) like very bad stomach pain, very bad back pain, or very bad upset stomach or throwing up.
- Signs of liver problems like dark urine, tiredness, decreased appetite, upset stomach or stomach pain, light-colored stools, throwing up, or yellow skin or eyes.
- Signs of high or low blood pressure like very bad headache or dizziness, passing out, or change in eyesight.
- Feeling confused.
- Shakiness.
- Dizziness or passing out.
- Twitching.
- A burning, numbness, or tingling feeling that is not normal.
- Bone pain.
- Fever, chills, or sore throat; any unexplained bruising or bleeding; or feeling very tired or weak.
- Swelling.
- Weight gain.
- This drug may raise the risk of diarrhea caused by a certain bowel infection (C diff). Call your doctor right away if you have stomach cramps, fever, long-lasting diarrhea, very loose or watery stools, or bloody stools. Check with your doctor before treating diarrhea.

- Rarely, long-term treatment (for instance longer than 3 years) with drugs like this one has caused low vitamin B-12 levels. Call your doctor right away if you have signs of low vitamin B-12 levels like shortness of breath, dizziness, abnormal heartbeat, muscle weakness, pale skin, tiredness, mood changes, or numbness or tingling in the arms or legs.
- Lupus has happened with this drug, as well as lupus that has gotten worse in people who already have it. Tell your doctor if you have lupus. Call your doctor right away if you have signs of lupus like a rash on the cheeks or other body parts, change in skin color, sunburn easy, muscle or joint pain, chest pain or shortness of breath, or swelling in the arms or legs.
- Severe skin reactions may happen with this drug. These include Stevens-Johnson syndrome (SJS), toxic epidermal necrolysis (TEN), and other serious reactions. Sometimes, body organs may also be affected. These reactions can be deadly. Get medical help right away if you have signs like red, swollen, blistered, or peeling skin; red or irritated eyes; sores in your mouth, throat, nose, eyes, genitals, or any areas of skin; fever; chills; body aches; shortness of breath; or swollen glands.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

- Headache.
- Stomach pain or diarrhea.
- Gas.
- Upset stomach or throwing up.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at https://www.fda.gov/medwatch.

How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

All products:

- Take this drug at least 1 hour before a meal.
- Ask your doctor before you take antacids with this drug.
- Keep taking this drug as you have been told by your doctor or other health care provider, even if you feel well.

Capsules:

- Take with water only; do not take with other drinks.
- Swallow whole. Do not chew, break, or crush.
- Do not open the capsules.
- If your dose of this drug is raised, do not take 2 capsules of a lower dose to make a higher dose. You will get too much sodium bicarbonate.

Powder:

- Mix the powder in a cup with 1 or 2 teaspoons (5 or 10 mL) of water and drink. Do not use other liquids. Rinse cup with more water and drink.
- After mixing, take your dose right away. Do not store for future use.
- Those who have feeding tubes may also use the powder after mixing. Hold feeding 3 hours before and 1 hour after giving this drug. Flush the feeding tube before and after this drug is given.
- If your dose of this drug is raised, do not take 2 packets of a lower dose to make a higher dose. You will get too much sodium bicarbonate.

Liquid (suspension):

- Shake well before use.
- Those who have feeding tubes may also use the suspension. Hold feeding 3 hours before and 1 hour after giving this drug. Flush the feeding tube before and after this drug is given.

What do I do if I miss a dose?

- Take a missed dose as soon as you think about it.
- If it is close to the time for your next dose, skip the missed dose and go back to your normal time.
- Do not take 2 doses at the same time or extra doses.

How do I store and/or throw out this drug?

Capsules and powder packets:

- Store at room temperature protected from light. Store in a dry place. Do not store in a bathroom.

Capsules:

- Keep lid tightly closed.

Liquid (suspension):

- Store liquid (suspension) in a refrigerator. Throw away any part not used after 30 days.
- Do not freeze.
- Protect from light.

All products:

- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour

down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- This drug comes with an extra patient fact sheet called a Medication Guide. Read it with care. Read it again each time this drug is refilled. If you have any questions about this drug, please talk with the doctor, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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