PATIENT & CAREGIVER EDUCATION

Esomeprazole

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

FT Acid Reducer [OTC]; NexIUM; NexIUM 24HR Clear Minis [OTC]; NexIUM 24HR [OTC]; NexIUM I.V. [DSC]

Brand Names: Canada

APO-Esomeprazole; M-Esomeprazole; MYL-Esomeprazole; NexIUM; PMSC-Esomeprazole DR; RIVA-Esomeprazole; SANDOZ Esomeprazole; TARO-Esomeprazole; TEVA-Esomeprazole

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 or prevent ulcers of the esophagus.
- It may be given to your child for other reasons. Talk with the doctor.

What do I need to tell the doctor BEFORE my child takes this drug?

- If your child is allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell the doctor about the allergy and what signs your child had.
- If your child is taking any of these drugs: Atazanavir, clopidogrel, methotrexate, nelfinavir, rifampin, rilpivirine, St. John's wort, or warfarin.

- If your child has any of these health problems: Black or bloody stools; heartburn with lightheadedness, 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.

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

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

What are some things I need to know or do while my child takes this drug?

- Tell all of your child's health care providers that your child is taking this drug. This includes your child's doctors, nurses, pharmacists, and dentists.
- Do not give this drug to your child for longer than you were told by the doctor.
- This drug may affect certain lab tests. Tell all of your child's health care providers and lab workers that your child takes this drug.
- 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. Your child may need to have blood work checked as the doctor has told you.
- Rarely, long-term treatment (for instance longer than 3 years) with drugs like this one has caused low vitamin B-12 levels. Call your child's doctor right away if your child has 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.
- This drug may raise the chance of hip, spine, and wrist fractures in people with weak bones (osteoporosis). The chance may be higher if this drug is

taken in high doses or for longer than a year.

- Use care if your child has 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 child's doctor about your child's risks of osteoporosis.

If your child is pregnant or breast-feeding a baby:

- Talk with the doctor if your child is pregnant, becomes pregnant, or is breast-feeding a baby. You will need to talk about the benefits and risks to your child and the baby.

What are some side effects that I need to call my child's 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 child's doctor or get medical help right away if your child has any of the following signs or symptoms that may be related to a very bad side effect:

All products:

- 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.
- Severe dizziness or passing out.
- A big weight loss.
- Bone pain.

- Lupus has happened with this drug, as well as lupus that has gotten worse in people who already have it. Tell your child's doctor if your child has lupus. Call your child's doctor right away if your child has 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.
- Rarely, long-term treatment (for instance longer than 3 years) with drugs like this one has caused low vitamin B-12 levels. Call your child's doctor right away if your child has 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.
- This drug may raise the risk of diarrhea caused by a certain bowel infection (C diff). Call your child's doctor right away if your child has stomach cramps, fever, long-lasting diarrhea, very loose or watery stools, or bloody stools. Check with your child's doctor before treating diarrhea.
- 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 your child has signs like red, swollen, blistered, or peeling skin; red or irritated eyes; sores in the mouth, throat, nose, eyes, genitals, or any areas of skin; fever; chills; body aches; shortness of breath; or swollen glands.
- 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.

Injection:

- Irritation where the shot is given.

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 child's doctor or get medical help if any of these side effects or any other side effects bother your child or do not go away:

- Headache.
- Constipation, diarrhea, stomach pain, or upset stomach.
- Gas.
- Dry mouth.

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

You may report side effects to your national health agency.

How is this drug best given?

Give this drug as ordered by your child's doctor. Read all information given to you. Follow all instructions closely.

Tablets:

- Give at least 1 hour before meals with a full glass of water.
- Have your child swallow whole. Do not let your child chew, break, or crush.
- Keep giving this drug to your child as you have been told by your child's doctor or other health care provider, even if your child feels well.

Capsules:

- Give at least 1 hour before meals with a full glass of water.
- Have your child swallow whole. Do not let your child chew or crush.
- Keep giving this drug to your child as you have been told by your child's doctor or other health care provider, even if your child feels well.

- You may sprinkle contents of capsule on applesauce. Have your child swallow without chewing.
- If mixing on applesauce, the applesauce should not be warm. Do not sprinkle on other liquids or foods.
- After mixing, give the dose right away. Do not store for future use.
- For children who have feeding tubes, you may make a liquid. Empty contents of capsule into a 60 mL syringe with 50 mL of water. Replace plunger and shake for 15 seconds. Flush feeding tube before and after this drug is taken.

Powder for suspension:

- Give 1 hour before a meal.
- Mix contents of 2.5 mg or 5 mg packets with 1 teaspoon (5 mL) of water, and the 10 mg, 20 mg, or 40 mg packets with 1 tablespoon (15 mL) of water. If 2 packets are needed, follow these steps with double the amount of water. Stir into the water then let sit for 2 to 3 minutes. Mix and have your child drink.
- Give your child the dose within 30 minutes after mixing. Throw away any part not used within 30 minutes of mixing.
- Rinse cup with more water and have your child drink.
- Keep giving this drug to your child as you have been told by your child's doctor or other health care provider, even if your child feels well.
- This drug may be given to those who have feeding tubes. For 2.5 mg or 5 mg packets, add 5 mL of water to a syringe then add the packet contents to the syringe. For 10 mg, 20 mg, or 40 mg packets, add 15 mL of water to a syringe then add the packet contents to the syringe. Replace plunger and shake. Let sit for 2 to 3 minutes. Shake again and give through the feeding tube. After giving this drug, refill syringe with same amount of water used, shake, and flush feeding tube.

Injection:

- This drug is given as a shot into a vein or into a vein nonstop for a period of time.

What do I do if my child misses a dose?

All oral products:

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

Injection:

- Call your child's doctor to find out what to do.

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

All oral products:

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

Tablets and capsules:

- Keep lid tightly closed.

Injection:

- If you need to store this drug at home, talk with your child's doctor, nurse, or pharmacist about how to store it.

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 child's symptoms or health problems do not get better or if they become worse, call your child's doctor.
- Do not share your child's drug with others and do not give anyone else's drug to your child.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your child's doctor, nurse, 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 warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms.

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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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