

# HEARTBURN MEDICATIONS

TYPE OF REMEDY	TYPES/EXAMPLES Over-the-counter medications appear in <i>italic type</i> .	HOW THEY WORK	INDICATIONS	OVER-THE-COUNTER (OTC) AND PRESCRIPTION*
<b>Antacids</b>	<ul style="list-style-type: none"> <li>● Sodium bi-carbonate-based (<i>Alka-Seltzer, Bromo-Seltzer</i>)</li> <li>● Calcium-based (<i>Tums, Alka-2, Titrilac</i>)</li> <li>● Magnesium-based (<i>Milk of Magnesia</i>)</li> <li>● Aluminum-based (<i>AlternaGEL, Amphojel</i>)</li> <li>● Combination of active ingredients (<i>Maalox, Mylanta, Rolaids, Riopan, Gelusil</i>)</li> </ul>	<ul style="list-style-type: none"> <li>● Neutralize existing stomach acid through basic chemical reaction</li> </ul>	<ul style="list-style-type: none"> <li>● Relieve heartburn, sour stomach or acid indigestion</li> </ul>	<ul style="list-style-type: none"> <li>● Available over-the-counter</li> </ul>
<b>Bismuth Subsalicylate</b>	<ul style="list-style-type: none"> <li>● Bismuth subsalicylate (<i>Pepto-Bismol</i>)</li> </ul>	<ul style="list-style-type: none"> <li>● Coats esophagus and acts as a barrier to refluxed gastric acid contents</li> </ul>	<ul style="list-style-type: none"> <li>● Relieves upset stomach, indigestion, nausea, heartburn, diarrhea</li> </ul>	<ul style="list-style-type: none"> <li>● Available over-the-counter</li> </ul>
<b>Alginic Acid or Sodium Alginate with other antacid ingredients</b>	<ul style="list-style-type: none"> <li>● Aluminum Hydroxide, Magnesium Trisilicate or Carbonate (<i>Gaviscon</i>)</li> </ul>	<ul style="list-style-type: none"> <li>● Active ingredients are antacids that neutralize existing stomach acid. Inactive ingredient produces a foam barrier between the stomach and the esophagus.</li> </ul>	<ul style="list-style-type: none"> <li>● Treatment of gastric reflux, heartburn and hiatal hernia</li> </ul>	<ul style="list-style-type: none"> <li>● Available over-the-counter</li> </ul>
<b>H2 Blockers or Histamine Receptor Antagonists</b>	<ul style="list-style-type: none"> <li>● Famotidine (<i>Pepcid, Pepcid AC, Maximum Strength Pepcid AC</i>)</li> <li>● Cimetidine (<i>Tagamet, Tagamet HB</i>)</li> <li>● Nizatidine (<i>Axid, Axid AR</i>)</li> <li>● Ranitidine (<i>Zantac, Zantac 75</i>)</li> </ul>	<ul style="list-style-type: none"> <li>● Partially block production of acid in stomach cells by inhibiting the action of histamine, a substance that stimulates secretion of stomach acid</li> </ul>	<p><b>OTC H2 Blockers</b></p> <ul style="list-style-type: none"> <li>● Relieve heartburn associated with acid indigestion and sour stomach</li> <li>● Prevent heartburn brought on by eating and drinking certain foods and beverages</li> </ul> <p><b>Prescription H2 Blockers</b></p> <ul style="list-style-type: none"> <li>● Short-term treatment of symptomatic gastroesophageal reflux (GERD)</li> <li>● Short-term treatment of erosive esophagitis (longer duration/higher daily dosages)</li> </ul>	<ul style="list-style-type: none"> <li>● Available over-the-counter and by prescription</li> </ul>
<b>Antacid H2 (Combination Therapy)</b>	<ul style="list-style-type: none"> <li>● Famotidine, Calcium Carbonate, Magnesium Hydroxide (<i>Pepcid Complete</i>)</li> </ul>	<ul style="list-style-type: none"> <li>● Antacid component neutralizes existing stomach acid and H2 component blocks production of acid in the stomach</li> </ul>	<ul style="list-style-type: none"> <li>● Relieves heartburn associated with acid indigestion and sour stomach</li> </ul>	<ul style="list-style-type: none"> <li>● Available over-the-counter</li> </ul>
<b>Promotility Agents or Prokinetic Agents</b>	<ul style="list-style-type: none"> <li>● Metoclopramide (<i>Reglan</i>)</li> </ul>	<ul style="list-style-type: none"> <li>● Help strengthen valve that blocks acid from entering esophagus</li> <li>● Cause muscles in upper intestinal tract to contract, resulting in faster emptying of the stomach</li> </ul>	<ul style="list-style-type: none"> <li>● Treatment of heartburn and GERD</li> </ul>	<ul style="list-style-type: none"> <li>● Available by prescription only</li> </ul>
<b>Proton Pump Inhibitors (PPIs)</b>	<ul style="list-style-type: none"> <li>● Omeprazole (<i>Prilosec, Prilosec OTC</i>)</li> <li>● Lansoprazole (<i>Prevacid</i>)</li> <li>● Rabeprazole (<i>Aciphex</i>)</li> <li>● Pantoprazole (<i>Protonix</i>)</li> <li>● Esomeprazole Magnesium (<i>Nexium</i>)</li> </ul>	<ul style="list-style-type: none"> <li>● Inhibit stomach acid production by deactivating the acid pumps in the cells of the stomach (These pumps are the site where stomach acid is produced)</li> </ul>	<p><b>OTC PPI</b></p> <ul style="list-style-type: none"> <li>● Treatment of frequent heartburn, heartburn that occurs two or more days a week</li> </ul> <p><b>Prescription PPI</b></p> <ul style="list-style-type: none"> <li>● Short-term treatment of symptomatic GERD (heartburn associated with GERD)</li> </ul>	<ul style="list-style-type: none"> <li>● Available over-the-counter and by prescription</li> </ul>

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\*Consult a health care professional for advice if you have taken medication as directed and heartburn continues.