

# FREE evidence-based PPI deprescribing resources

SaferMedsNL is providing FREE evidence-based resources to healthcare providers across Newfoundland and Labrador to promote proton-pump inhibitor (PPI) deprescribing.

Evidence-based patient resources can guide PPI deprescribing and reduce the risk of rebound symptoms. Order the available tools to engage your patients in a review of their PPIs to decide if they are still necessary or if they can be deprescribed.

## [Order Free-Evidence Based Resources Here](#)



**Do I still need this medication?**  
You are currently taking a proton pump inhibitor (PPI):


- Dexlansoprazole (Dexlan49)
- Pantoprazole sodium (Pantocool®)
- Esomeprazole (Nexium®)
- Pantoprazole magnesium (Tecta®)
- Omeprazole (Losec®, Omeid®)
- Rabeprazole (Pariet®)
- Lansoprazole (Prevacid®, Prevacid Fast 120®)

\* The most common brand names are listed above. Other brands including generic brands are available. Generic brands often start with the words Apo, Pro, Pan, Mylan, Sandoz, Teva, and other generic equivalents.

SaferMedsNL | Canadian Deprescribing Network | CHIR 183C

Patient education brochures

Order these evidence-based patient education brochures that help patients understand the benefits and harms of PPIs



**Some things just aren't meant to be long term.**

*Dear heartburn medication,  
We've been together for nearly a year. It's time to move on.*

For most people, heartburn medication is not recommended for more than 3 months. Ask your pharmacist, doctor or nurse if you can safely stop your reflux medication.

Twitter: @SaferMedsNL | Website: [www.SaferMedsNL.ca](http://www.SaferMedsNL.ca) | SaferMedsNL

PPI deprescribing poster

Order this poster to raise awareness about appropriate PPI use in your community (size 11 x 17 inches)



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PPI deprescribing postcard

Order this postcard (front and back visible here) to invite your patients to a PPI review appointment.

**Did you know?**

- ~140-3 adults in Newfoundland and Labrador take a prescription heartburn medication
- We have some of the highest use of heartburn medications in Canada
- For most people, heartburn medication isn't recommended for more than 3 months
- Taking these medications for longer than needed puts you at risk of side effects

Make an appointment to see your pharmacist, nurse practitioner, or doctor to find out if stopping your stomach medication is right for you.

**Make an Appointment**

Date: \_\_\_\_\_  
Time: \_\_\_\_\_  
With: \_\_\_\_\_  
Where: \_\_\_\_\_

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Tools will be shipped for FREE as soon as possible. Please note that quantities available are subject to change based on demand.

