

HEARTBURN MEDICATIONS

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

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