The number of agents for the treatment of digestive diseases and conditions has increased greatly, and in some cases, one is confronted with a bewildering array of brand and generic names. Although databases and reference books provide detailed information on pharmacology, toxicology, and therapeutics, obtaining commonly needed information, such as recommended first line agents, dosage, duration, side effects, and drug interactions, requires sifting through other materials. There is no text that contains just this practical pharmacological information. The purpose of this project is to remedy this deficiency with a small portable text.

Because treatment questions generally begin with diagnoses, each chapter addresses therapy of a digestive disease or condition, listed in the contents. Treatment algorithms are provided where available. Agents recommended for treatment of the condition are described in detail, including brand and generic names, indications, contraindications, side effects, drug interactions, doses/routes of administration, durations, and approximate costs. In addition, an index at the end of this handbook lists all the drugs in alphabetical order for those interested in specific agents.

Although the physical characteristics enhance its portability and convenience, as with other books in this series, we believe that the practical clinical information presented in this simple format will be of greatest value.

George Y. Wu
Achilles Pappano
Farmington, Connecticut
July 22, 2008
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CONTRIBUTORS

MARCY COASH, MD • Internal Medicine Residency Program, University of Connecticut Health Center, Farmington, CT
SHILPA MADADI, MD • Gastroenterology Fellowship Program, University of Connecticut Health Center, Farmington, CT
SHISHIR MATHUR, MBBS • Internal Medicine Residency Program, University of Connecticut Health Center, Farmington, CT
ACHILLES PAPPANO, PHD • Department of Cell Biology, University of Connecticut Health Center, Farmington, CT
VIVIAN TEIXEIRA, MD • Primary Care Residency Program, University of Connecticut Health Center, Farmington, CT
LISA ROSSI, MD • Department of Gastroenterology, Saint Francis Hospital and Medical Center, Hartford, CT
GEORGE WU, MD, PHD • Department of Gastroenterology, University of Connecticut Health Center, Farmington, CT
I Gastroesophageal Diseases
1

Peptic Disorders

Lisa Rossi, MD
and Shishir Mathur, MBBS

Contents

Gastroesophageal Reflux Disorder (GERD) and Peptic Ulcer Disease (PUD)
Proton Pump Inhibitors
Histamine H2 Antagonists
Other Agents
Helicobacter Pylori
GASTROESOPHAGEAL REFLUX DISORDER (GERD) AND PEPTIC ULCER DISEASE (PUD)

Patient with GERD

Lifestyle modifications

Treatment with proton pump inhibitor for 2 weeks

No Improvement

Consider motility agents

Consider pH monitoring

Symptoms resolve consider stopping therapy

Long term therapy

Recurrence of symptoms

Consider surgery, endoscopic therapy in select patients

PROTON PUMP INHIBITORS

Omeprazole

Trade name: Prilosec, Prilosec OTC
Manufacturer: AstraZeneca, Proctor and Gamble, generic

Dosage:
• GERD/erosive esophagitis: 20 mg p.o. q.d. for 4 weeks
• Gastric ulcer: 40 mg p.o. q.d. for up to 4–8 weeks
• Duodenal ulcer: 20–40 mg p.o. q.d. for 4–8 weeks
• Helicobacter pylori infection: 20 mg p.o. b.i.d. in conjunction with triple therapy
• Stress ulcer prophylaxis: 40 mg p.o. q.d. initially, then 20–40 mg daily
• Gastric hypersecretion: 60 mg p.o. q.d. initial dose, increase up to 120 mg p.o. t.i.d.
Contraindications/cautions:
- Hypersensitivity to omeprazole
- Caution in hypocalcemia, hypokalemia, metabolic alkalosis, respiratory alkalosis, Bartter’s syndrome (powder for oral suspension contains 1,680 mg or 20 mEq of sodium bicarbonate)

Adverse effects:
- Gastrointestinal: Abdominal pain, diarrhea, pancreatitis, hepatotoxicity
- Neurologic: Headache
- Renal: Interstitial nephritis
- Musculoskeletal: Hip fracture, rhabdomyolysis

Drug interactions:
- Increases levels of warfarin, cyclosporine, digoxin, phenytoin
- Decreases levels of atazanavir, ketoconazole, itraconazole, cefuroxime

Pregnancy category: C
Lactation: Probably safe
Relative cost: ($$)

**Esomeprazole Magnesium (Oral)**

**Esomeprazole Sodium (IV)**

Brand name: Nexium
Manufacturer: AstraZeneca

Dosages:
- GERD/erosive esophagitis: 20–40 mg p.o. q.d. for treatment
- Maintenance therapy in GERD/erosive esophagitis: 20 mg p.o. q.d.
- Gastric ulcer: 20–40 mg p.o. q.d. for up to 6 months
- Acute non-variceal upper gastrointestinal (GI) bleed: 80 mg i.v. bolus followed by continuous infusion at 8 mg/h. for 72 h. after endoscopic therapy
- *H. pylori* infection: 40 mg p.o. q.d. in conjunction with triple therapy
- Zollinger-Ellison syndrome: 40 mg b.i.d. increase up to 240 mg per day based on symptoms

Contraindications/cautions:
- Hypersensitivity to esomeprazole or benzimidazoles
- Caution with liver disease

Adverse effects:
- Gastrointestinal: Abdominal pain, constipation, diarrhea, flatulence, nausea, pancreatitis (rare)
- Neurologic: Headache
- Dermatologic: Erythema multiforme, Stevens-Johnson syndrome, toxic epidermal necrolysis
- Musculoskeletal: Hip fracture, rhabdomyolysis