

## Digestive System - Common Medications

### Antacids

**Uses:** Gastroesophageal Reflux Disease (GERD), heartburn, upset stomach, and acid indigestion

**Side effects:** Constipation (Ca<sup>2+</sup>) and/or loose stools (Mg)

**Drug Interactions:** Decreased absorption of certain medications; separate administration by 2-4 hrs

- Quinolone & Tetracycline antibiotics
- Iron Products
- Azole Antifungals

| Main Ingredient                               | Brand            | Available Formulations                  |
|---|------------------|---|
| Calcium                                       | Tums             | Tablet                                  |
| Magnesium                                     | Milk of Magnesia | Suspension                              |
| Aluminum                                      | AlternaGel       | Suspension                              |
| Magnesium + (Aluminum or Calcium) Combination | Maalox, Mylanta  | Suspension                              |
| Sodium Bicarbonate + Aspirin + Citric Acid    | Alka-Seltzer     | Dissolvable Tablets<br>Chewable Gummies |

### Histamine-Receptor Antagonists (H<sub>2</sub>RAs): "-idine"

**Uses:** GERD, heartburn, upset stomach, and acid indigestion

**Side Effects:** Caution in elderly – risk of worsening dementia and confusion (avoid cimetidine completely – CYP3A4 inhibitor)

**Drug Interactions:** Anticholinergics, iron products, azole antifungals, renal dose adjustments are required

| Generic (Brand)      | Available Formulations   |
|----------------------|--|
| Famotidine (Pepcid)  | <ul style="list-style-type: none"> <li>▪ Tablet</li> <li>▪ Suspension</li> <li>▪ Intravenous Solution</li> </ul>                       |
| Ranitidine (Zantac)  | <ul style="list-style-type: none"> <li>▪ Tablet</li> <li>▪ Capsule</li> <li>▪ Oral Solution</li> <li>▪ Intravenous Solution</li> </ul> |
| Nizatidine (Axid)    | <ul style="list-style-type: none"> <li>▪ Tablet</li> <li>▪ Capsule</li> <li>▪ Oral Solution</li> </ul>                                 |
| Cimetidine (Tagamet) | <ul style="list-style-type: none"> <li>▪ Tablet</li> </ul>   |

### Proton Pump Inhibitors (PPIs): "-prazole"

**Uses:** GERD, duodenal and gastric ulcers, erosive esophagitis, and stress ulcer prophylaxis

**Side Effects:** C. diff infection, fracture, pneumonia, hypomagnesemia, headaches, and nausea

**Drug Interactions:** Clopidogrel (Plavix), iron products, and azole antifungals

| Generic (Brand)            | Available Formulations   |
|----------------------------|--|
| Omeprazole (Prilosec)      | <ul style="list-style-type: none"> <li>▪ Tablet</li> <li>▪ Capsule</li> <li>▪ Suspension</li> </ul>                |
| Pantoprazole (Protonix)    | <ul style="list-style-type: none"> <li>▪ Tablet</li> <li>▪ Intravenous Solution</li> </ul>                         |
| Lansoprazole (Prevacid)    | <ul style="list-style-type: none"> <li>▪ Disintegrating Tablet</li> <li>▪ Capsule</li> <li>▪ Suspension</li> </ul> |
| Dexlansoprazole (Dexilant) | <ul style="list-style-type: none"> <li>▪ Capsule</li> </ul>  |
| Esomeprazole (Nexium)      | <ul style="list-style-type: none"> <li>▪ Capsule</li> <li>▪ Oral Packet</li> <li>▪ Intravenous Solution</li> </ul> |
| Rabeprazole (Aciphex)      | <ul style="list-style-type: none"> <li>▪ Tablet</li> <li>▪ Capsule</li> </ul>                                      |

| Acute Treatment of Constipation |                                    |   |  |
|---------------------------------|------------------------------------|---|--|
| Class                           | Generic (Brand)                    | Available Formulations  | Side Effects   |
| Stimulant Laxatives             | Bisacodyl (Dulcolax)               | <ul style="list-style-type: none"> <li>Tablet</li> <li>Suppository</li> </ul> | <ul style="list-style-type: none"> <li>Belching</li> <li>Cramping</li> <li>Diarrhea</li> <li>Nausea</li> </ul>                     |
|                                 | Sennosides (Senokot)               | <ul style="list-style-type: none"> <li>Tablet</li> </ul>                      |  |
| Osmotic Laxatives               | Magnesium Salts (Milk of Magnesia) | <ul style="list-style-type: none"> <li>Oral Solution</li> </ul>               | <ul style="list-style-type: none"> <li>Bloating</li> <li>Diarrhea</li> <li>Electrolyte Imbalance</li> <li>Excessive Gas</li> </ul> |
|                                 | Sodium Phosphate (Fleet)           | <ul style="list-style-type: none"> <li>Enema</li> </ul>                       |  |
|                                 | PEG 3350 (MiraLAX)                 | <ul style="list-style-type: none"> <li>Oral Powder for Solution</li> </ul>    |  |

| Chronic Treatment of Constipation |   |  |  |
|-----------------------------------|---|--|--|
| Class                             | Generic (Brand)                             | Available Formulations   | Side Effects   |
| Stool Softener                    | Docusate (Colace)                           | <ul style="list-style-type: none"> <li>Tablet</li> <li>Capsule</li> <li>Oral Liquid</li> </ul>                                   | <ul style="list-style-type: none"> <li>Electrolyte imbalance with prolonged use</li> </ul>   |
| Bulk Forming Laxatives            | Psyllium (Metamucil and others)             | <ul style="list-style-type: none"> <li>Capsule</li> <li>Oral Powder for Solution</li> <li>Health Bars</li> <li>Wafers</li> </ul> | <ul style="list-style-type: none"> <li>Bloating</li> <li>Cramping</li> <li>Gas</li> <li>(Increased constipation if not taken with enough water)</li> </ul> |
|                                   | Calcium Polycarbophil (FiberCon and others) | <ul style="list-style-type: none"> <li>Caplets</li> </ul>  |  |
|                                   | Methylcellulose (Citrucel)                  | <ul style="list-style-type: none"> <li>Caplets</li> <li>Oral Powder for Solution</li> </ul>                                      |  |

| Treatment of Diarrhea |                                      |   |
|-----------------------|--------------------------------------|---|
|                       | Generic (Brand)                      | Side Effects  |
|                       | Bismuth Subsalicylate (Pepto-Bismol) | <ul style="list-style-type: none"> <li>Blackening of tongue and stool</li> <li>Ringing in the ears (salicylate toxicity)</li> </ul> |
|                       | Loperamide (Imodium)                 | <ul style="list-style-type: none"> <li>Abdominal Cramping</li> <li>Constipation</li> <li>Nausea</li> </ul>                          |
|                       | Diphenoxylate + Atropine (Lomotil)   | <ul style="list-style-type: none"> <li>Constipation</li> <li>Blurred Vision</li> <li>Sedation</li> <li>Urinary Retention</li> </ul> |