

APPENDIX B

RECOMMENDED MEDICATION FOR HEARTBURN AND/OR DYSPEPSIA

Antacids/alginate may be used for symptomatic control. Doses will vary.

Proton pump inhibitors

	Half dose	Standard dose	Double dose
Lansoprazole	15 mg/day	30 mg/day	60 mg/day OR 30 mg BD
Omeprazole	10 mg/day	20 mg/day	40 mg/day OR 20 mg BD
Pantoprazole	20 mg/day	40 mg/day	80 mg/day OR 40 mg BD

H₂-receptor antagonists

	Peptic ulcer		GORD	
	Treatment	Maintenance	Treatment	Maintenance
Famotidine	40 mg nocte OR 20 mg BD	20 mg nocte	40 mg BD	20 mg BD
Ranitidine	300 mg nocte OR 150 mg BD	150 – 300 mg nocte	150 – 300 mg BD	150 mg BD

Prokinetic agents

Domperidone	10 mg 3 – 4 times daily	Dose can be increased (to double) after 2 weeks
Metoclopramide	10 mg TDS	Metoclopramide is less favoured: <ul style="list-style-type: none"> • potential extrapyramidal adverse effects • no eligible studies were found to support its use.

H. pylori eradication therapy

Initial therapy		
Triple therapy (7 days)	Option 1	<ul style="list-style-type: none"> • PPI (standard dose) BD • Clarithromycin 500 mg BD • Amoxicillin 1000 mg BD
	Option 2 (penicillin allergy)	<ul style="list-style-type: none"> • PPI (standard dose) BD • Clarithromycin 500 mg BD • Metronidazole 400 mg BD
Initial treatment failure		
Triple therapy (7 days)		<ul style="list-style-type: none"> • PPI (standard dose) BD PLUS 2 of the following: <ul style="list-style-type: none"> – Clarithromycin 500 mg BD – Amoxicillin 1000 mg BD – Metronidazole 400 mg BD – Tinidazole 500 mg BD – Tetracycline 500 mg QID – Colloidal bismuth 120 mg QID.
Repeated treatment failure		
Quadruple therapy (7 days)	Option 1	<ul style="list-style-type: none"> • PPI (standard dose) BD • Clarithromycin 500 mg BD • Amoxicillin 1000 mg BD • Colloidal bismuth 120 mg QID
	Option 2	<ul style="list-style-type: none"> • PPI (standard dose) BD • Clarithromycin 500 mg BD • Metronidazole 400 mg BD • Colloidal bismuth 120 mg QID
	Option 3	<ul style="list-style-type: none"> • PPI (standard dose) BD • Tetracycline 500 mg QID • Metronidazole 400 mg BD • Colloidal bismuth 120 mg QID
Note: Some advocate treatment for 14 days for repeated treatment failure		

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