

Administration of proton pump inhibitor medication for infants and children

(Lansoprazole, Omeprazole and Esomeprazole)

You, or your child, have been advised to take a Proton Pump Inhibitor (PPI) medicine as part of the treatment of gastro-oesophageal reflux.

There are different brands and preparations in this family of medicines so your doctor will choose the one that is easiest to give and best for the age group. The following instructions explain the different ways that these medicines can be given to babies and to children and young people who cannot easily take tablets.



Key points:

- Orodispersible tablets are made so that they mix with water or disperse in the mouth and can then be swallowed. The granules stay whole and are 'dispersed' in the liquid, they do not fully dissolve. Once made up in water, the medicine should be given immediately.
- The granules contain the active drug (medicine). Granules settle in the bottom of the syringe/medicine cup, so ensure that it is stirred or shaken gently just before giving so that the child receives the full dose (it does not matter if a few granules are left behind).
- The dose for your child may need less than a full tablet: check with the person prescribing or your pharmacist about how much of the tablet you will need (the dose is rounded to a quarter, half or full tablet, as very precise dosing is not required)
- Store all medicines out of the reach of children.

Giving PPI medication to older children

- For spoon fed children orodispersible tablets can be mixed in about 10ml water (2 measuring teaspoons) in a small cup and then administered directly from a spoon. Orodispersible tablets can also be mixed in a 10-20mls of orange or apple juice.
- Older children can place orodispersible tablets on the tongue and allow them to disperse in the mouth before swallowing.
- Older children can be prescribed standard tablets or capsules to swallow whole. Do not chew or crush these. For more advice see the RUH leaflet 'How to swallow tablets' which is on the RUH website

Lansoprazole orodispersible tablets (eg FasTab®)

- Take the tablet and an oral syringe. For smaller doses you will need to cut the tablet in half or quarter as directed. The tablets should not be crushed.



- Pull the plunger out of the barrel of the syringe and place the tablet inside.



- Replace the plunger and draw up 5-10ml of fresh water into the syringe from a clean container (tap water should be boiled and cooled for children less than 6 months).

- Draw up about 5ml of air and gently shake the syringe for around 30-60 seconds until the contents are cloudy. You will see granules in the liquid – this is normal.

- Hold the syringe upright and then push out the air.



- To give the medicine: Angle the syringe tip toward the inside of the child's cheek and slowly push the plunger. Do not squirt medicine directly to the back of the child's throat. Give small amounts at a time. If granules remain in the syringe, draw up a small amount of water, shake and repeat until most of the granules have been taken.

Omeprazole gastro-resistant tablets (e.g. Losec MUPS®)

Make up in the same way as directed for Lansoprazole orodispersible tablets. Note that these take longer to disperse and are a bit harder to cut into smaller doses.

They should not usually be given via nasogastric tubes or gastrostomies unless mixed with a special prescribed bicarbonate liquid.

Omeprazole capsules for older children

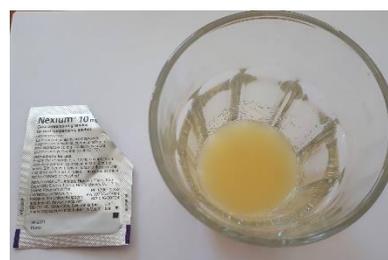
Capsules can be swallowed with a glass of water or juice. Your child should not chew the capsule. For spoon fed children you can open the capsule and mix the contents with a small amount of soft food such as yogurt, honey or jam. Make sure your child swallows it straight away, without chewing the granules.

Esomeprazole gastro-resistant granules for oral suspension 10mg (Nexium®)

- Draw up 15ml of water (or 3 measuring teaspoons) and place in a clean glass or medicine cup.
If the prescribed dose is 2 sachets (20mg) you will need 30mls of water



- Empty the contents of a sachet into the water. Stir and leave to thicken for a few minutes.



- Drink or draw up into oral syringe. Use immediately or within 30 minutes.





Esomeprazole and lansoprazole: Nasogastric (NG) tube or Gastrostomy (PEG) administration

Esomeprazole granules (e.g. Nexium®) can be used with most small diameter NG tubes (6 Fr or larger diameter)

Lansoprazole orodispersible tablets can be used with tubes greater than 8Fr diameter.

With all preparations gently shake the syringe by turning upside down and back during administration to ensure granules do not settle. Do not crush granules with the plunger. If granules remain in the syringe, draw up 2.5-5ml of water shake and repeat until most of the granules have been given. Flush the tube well after administration.

Omeprazole preparations should not usually be given via nasogastric tubes or gastrostomies unless mixed with a special prescribed bicarbonate liquid.

Further information:

The NHS website has more information about reflux:

www.nhs.uk/conditions/reflux-in-babies/

www.nhs.uk/conditions/heartburn-and-acid-reflux/

Other resources are:

<https://patient.info/childrens-health/childhood-gastro-oesophageal-reflux-leaflet>

www.livingwithreflux.org

For more information about specific medication and how to give medicines etc go to the Medicines for Children website: www.medicinesforchildren.org.uk

Your GP, hospital doctor, pharmacist or health visitor will be happy to give further advice.

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.
Email ruh-tr.pals@nhs.net or telephone 01225 825656 / 826319.