

Long term PPI Indications

There are only a few clear indications for the long-term use of PPIs.

1. LA Classification (grades C + D) reflux oesophagitis, when surgery is not an option or patient elects not to have.
2. Barrett's Oesophagitis
3. Those at high risk of bleeding taking long- term NSAIDs as prophylaxis therapy
4. Zollinger Ellison Syndrome

For those with LA Classification (grades A + B) reflux oesophagitis, the dose of long-term PPIs should be periodically re-evaluated so that the lowest effective dose can be prescribed to manage the condition.

This includes on-demand or intermittent use.

Proton pump inhibitors are generally well tolerated. They can be associated with common side effects such as diarrhoea, microscopic colitis and low magnesium. Several studies have raised concerns about dementia and gastric cancer, however further better-designed studies did not confirm these findings.