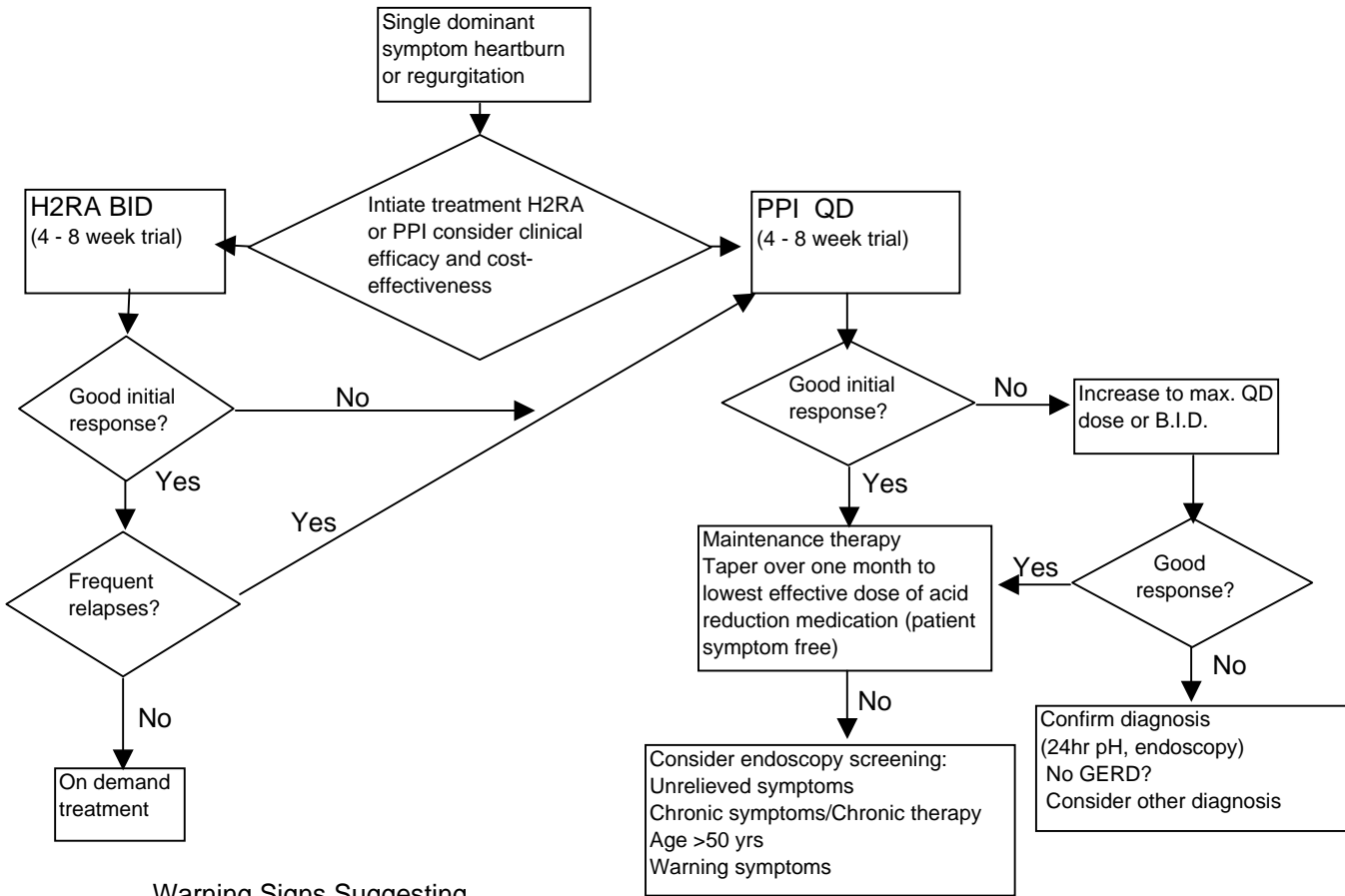


Aspirus Network, Inc.

Diagnosis and Treatment of GERD in Adults



Warning Signs Suggesting Complicated GERD

Refer to GI Specialist out of guideline

- Dysphagia
- Odynophagia
- Melena
- Hematemesis
- Fe Deficiency anemia
- Weight loss >5% (involuntary)
- Early satiety
- Persistent vomiting
- Age >50 yrs with new symptomatology

Lifestyle Modifications

- Elevate head of bed
- Decrease fat intake
- Stop smoking
- Avoid recumbency for 3 hrs postprandially
- Avoid foods: chocolate, alcohol, peppermint, coffee, onions, garlic fatty foods, citrus, tomato, caffeinated beverages
- Avoid large meals
- Weight loss
- Do not eat or drink 3 hours before sleeping
- Avoid medications that can potentiate symptoms

Drug	Dosage	Cost/Month*
H2 antagonists		
Axid(nizatidine)	150 mg BID	\$170 (brand) / \$43 (generic)
Pepcid (famotidine)	20 mg / 40 mg BID	\$38 (OTC brand) / \$15 (OTC generic), 2 tabs po bid for 40mg
Tagamet (cimetidine)	400 mg BID	\$44 (OTC brand) / \$11 (OTC generic)
Zantac (ranitidine)	150 mg BID	\$24 (brand) / \$9 (generic)
PPI		
Aciphex (rabeprazole)	20 mg QD	\$190
Nexium (esomeprazole)	20 mg / 40 mg QD	\$180 / \$163
Prevacid (lansoprazole)	15 mg / 30 mg QD	\$36 (OTC brand) / \$100; 2 tabs daily for 30mg strength
Prilosec (omeprazole)	20 mg QD / 40 mg QD	\$32 (OTC brand) / \$28 (generic 20mg) or \$44 (generic 40mg)
Protonix (pantoprazole)	40 mg QD	\$140 (brand)/ \$110 (generic)
Kapidex (dexlansoprazole)	30mg/60 mg QD	\$128 (brand) for each strength

*Data from National Pharmacy Chains, November 2009