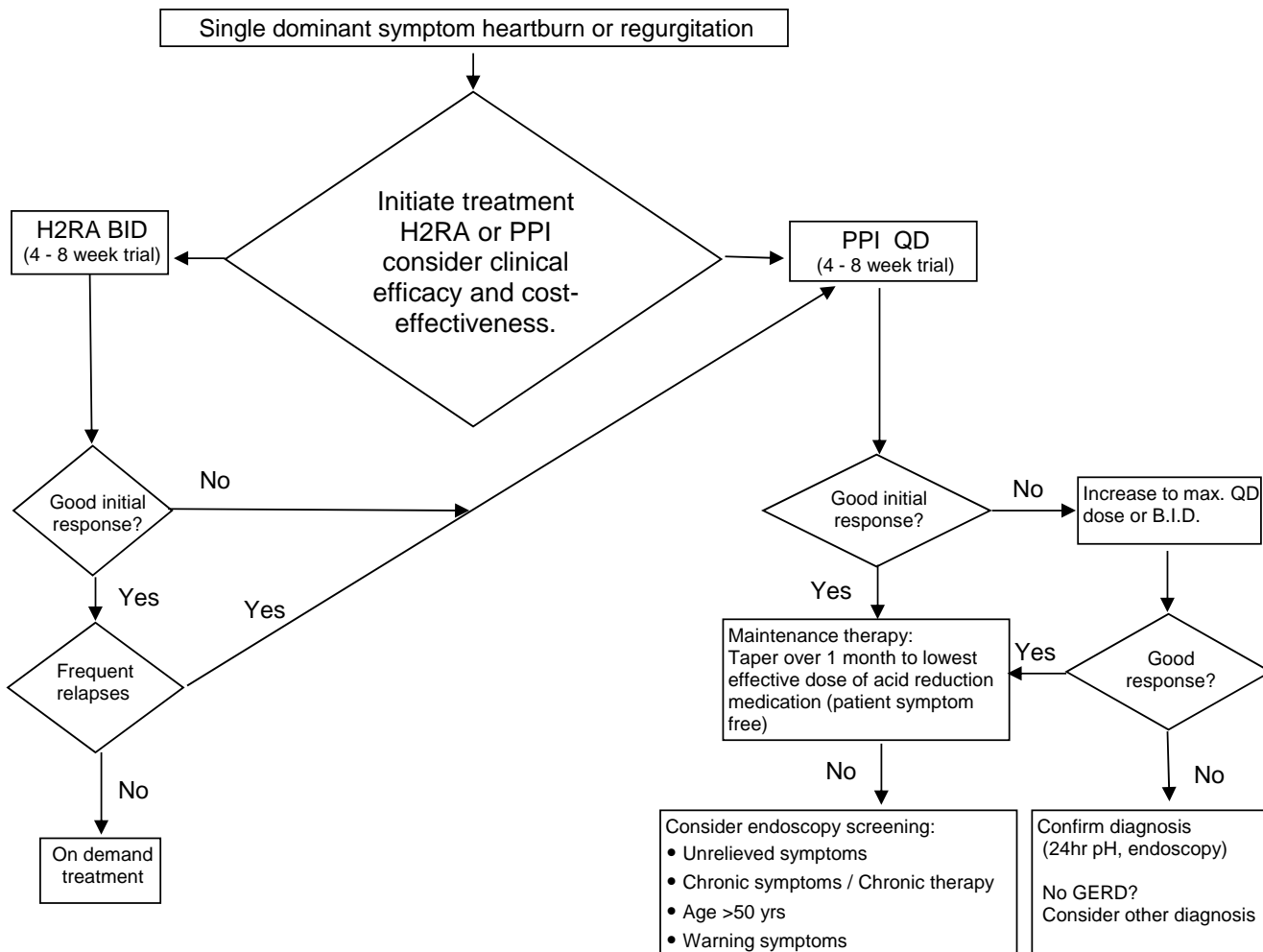


Diagnosis and Treatment of GERD in Adults



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

Drug	Dosage	Cost/Month*
H2 antagonists :		
Axid(nizatidine)	150 mg BID	\$36 (brand) / \$29 (generic)
Pepcid (famotidine)	20 mg / 40 mg BID	\$46 (OTC brand) / \$28 (OTC generic), 2 tabs po bid for 40mg
Tagamet (cimetidine)	400 mg BID	\$44 (OTC brand) / \$22 (OTC generic)
Zantac (ranitidine)	150 mg BID	\$25 (OTC brand) / \$10 (generic)
PPIs:		
Aciphex (rabeprazole)	20 mg QD	\$290
Nexium (esomeprazole)	20 mg / 40 mg QD	\$210 for both brand & generic
Prevacid (lansoprazole)	15 mg / 30 mg QD	\$25 (OTC brand) / \$123; 2 tabs daily for 30mg strength
Prilosec (omeprazole)	20 mg QD / 40 mg QD	\$33 (OTC brand) / \$13 (generic 20mg) or \$28 (generic 40mg)
Protonix (pantoprazole)	40 mg QD	\$195 (brand)/ \$14 (generic)
Dexilant (dexlansoprazole)	30mg/60 mg QD	\$160 (brand) for each strength

*Data from rxpricequotes.com, November 2012