

## Rabeloc - Heartburn and Proton-pump Inhibitors

PPIs or Proton pump inhibitors help block the enzyme in the walls of the stomach that helps acid production. Thus, reducing acid production in the stomach.

Acid contributes to the formation of ulcers in the duodenum, stomach and esophagus. However, PPIs help reduce the production of acid, preventing ulcer formations.

### Actions of PPIs on heartburn

Proton pump inhibitors help block and reduce the production of acid in the stomach. This helps by giving the damaged esophageal tissue good time to heal.

PPIs also help prevent and ease heartburn – a burning sensation in the chest and food pipe that often cause GERD. PPIs are one of the powerful drugs that help relieve heartburn and GERD symptoms.

PPIs help decrease acid production over a four-to-12-week period. This duration helps your body to heal from the acidic damages, especially healing from the esophageal tissue.

According to health experts, symptom relief from PPIs will last longer compared to H2 receptor blockers.

### How to take a proton pump inhibitor?

It is advisable for the readers to use any PPI drug after your doctor's consultation only. Your doctor will help you with suitable dosage and directions. Your doctor will guide you when and how to use the medicine as some of the drugs under the class PPI have a certain way to use.

However, it is advisable to use your doctor's advice before using any PPI drug to ease heartburn or GERD.

### Lifestyle changes that can improve the actions of PPI on heartburn

There are a few things that you can try to help any PPI drug to work efficiently on acid production and heartburn. You can try:

- Maintain good health and weight
- Avoid food items that can worsen the symptoms
- Avoid carbonated drinks and juices
- Avoid excess eating
- Avoid late-night meals
- Avoid laying down or taking a nap after eating
- Avoid tight belts or pants
- Avoid using any medicine or PPI medicine without your doctor's consultation
- Avoid alcohol consumption or intoxicating substances
- Avoid tobacco chewing or smoking

These are the few suggestions that can help any PPI drug to work efficiently to reduce the production of acid in the stomach.

Ensure you consult your doctor while using any drug to ease heartburn. Moreover, any prescription drug suggested by your health expert does not show effective results, inform your doctor immediately.

#### References:

- <https://www.cambridgeshireandpeterboroughccg.nhs.uk/easysiteweb/getresource.axd?assetid=11884&type=0&servicetype=1>
- [https://www.medicinenet.com/proton-pump\\_inhibitors/article.htm](https://www.medicinenet.com/proton-pump_inhibitors/article.htm)
- <https://www.healthline.com/health/gerd/proton-pump-inhibitors#Are-There-Different-Types-of-Proton-Pump-Inhibitors?>
- <https://patient.info/digestive-health/indigestion-medication/proton-pump-inhibitors>

#### Rabeloc Tablet Indications

- Gastric and duodenal ulcers
- Gastro-oesophageal reflux disease
- Helicobacter pylori infection
- Zollinger-Ellison syndrome

#### Rabeloc IV Indications

- Upper gastro-intestinal bleeding
- Acid-aspiration during surgery
- Stress-induced mucosal injury
- Short-term treatment of gastric and duodenal ulcers
- Gastro-oesophageal reflux disease (GERD)
- Alternative to oral PPI therapy



Indications may vary as per the country, please refer to the PI or regulatory guidelines.