

ENT

Step-down plan for laryngopharyngeal (silent) reflux medications

Step 1

Take a **high dose** of your **proton pump inhibitor (PPI)** 30 minutes before breakfast and before your evening meal for **2 months**.

Also, take 10ml of Gaviscon Advance after meals **and** last thing at night.

The high dose of your **proton pump inhibitor (PPI)** is listed below:

- Pantoprazole - 40mg
- Lansoprazole - 30mg
- Omeprazole - 40mg
- Esomeprazole - 40mg
- Rabeprazole - 20mg

Step 2

Take a **low dose** of your **PPI** 30 minutes before breakfast and before your evening meal for **2 months**.

Also, take 10ml of Gaviscon Advance after meals **and** last thing at night.

Your low dose is half the dose you took in step 1.



Patient Information

Step 3

Take a **low dose** of your **PPI** 30 minutes before your evening meal for **2 months**.

Also, take 10ml of Gaviscon Advance after meals **and** last thing at night.

Your low dose is half the dose you took in step 2.

Step 4

Stop using your PPI regularly. Use your PPI when required, such as when going out for a meal at a restaurant.

Take 10ml of Gaviscon Advance after meals **and** last thing at night.

Continue to take 10ml of Gaviscon Advance for at least 2 weeks after stopping PPI. This is to reduce the chance of rebound symptoms.

After 2 weeks, Gaviscon Advance may be taken at night on a long-term basis.

Further information

If you have any questions or comments about this information sheet please contact the team on: 024 7696 5684

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact us on 024 7696 5684 and we will do our best to meet your needs.

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