

**Omeprazole tablets and capsules
Gastroesophageal Reflux Disease treatment for Children**

Omeprazole is a medicine called a proton pump inhibitor (PPI). It is used in the treatment of reflux oesophagitis (discomfort caused when stomach contents are brought up after feeding) and stomach ulcers. During reflux the stomach acid causes irritation of the food pipe (oesophagus), which is often painful. Omeprazole is used to reduce the amount of acid made by the stomach, which helps to reduce the irritation and protect the food pipe. Holding your child upright during feeding and for as long as possible after feeding can help with easing symptoms of reflux.

Liquid PPIs are less clinically effective than other formulations:

Although omeprazole is available in the liquid form, it is to a great extent destroyed when it reaches the stomach, due to the stomach acid. For this reason, the capsules and dispersible tablets are specially coated to protect the medicine from the stomach acid. Omeprazole liquid does not have this special coating which means it will not work so well for your child.

When and how should I give the medicine:

- Usually given once or twice a day.
- Can be given with food or on an empty stomach.
- Each capsule or dispersible tablet are made of compressed beads which have a special coating to protect the medicine from the stomach acid. It is important that the beads are not crushed or chewed as this stops the medicine from working properly.

The dose for children is based on the child's weight and the doctor will decide the correct dose. Where the dose is smaller than a single tablet, the following instructions will allow you to give the medicine safely:

Daily Dose	Using 10mg dispersible tablet
2.5mg	cut a 10mg tablet into a quarter e.g. using a clean sharp knife or purchase a tablet splitter / cutter
5mg	cut a 10mg tablet in half e.g. using a clean sharp knife or purchase a tablet splitter / cutter
7.5mg	cut a 10mg tablet into quarters e.g. using a clean sharp knife or purchase a tablet splitter / cutter, use 3 quarter segments to make the dose
10mg	Use a whole tablet

This information provides advice on how to administer the medicine for the following groups of children:

1. Older children who can swallow tablets or who could learn to swallow tablets.
2. Children who are eating solid food but cannot swallow tablets.
3. Children who are not eating solid food and need the medication with an oral syringe.

1. Older children who can swallow tablets or who could learn to swallow tablets.

For older children for whom the dose can be rounded to a full tablet or capsule and can swallow these whole, then the standard preparation can be prescribed and taken. There is advice on how to teach your children on how to swallow a tablet through this link: <https://www.medicinesforchildren.org.uk/wp-content/uploads/sites/8/2021/08/Guide-to-swallowing-tablets-30.11.17.pdf>



2 Children who are eating solid food but cannot swallow tablets.

- Dispersible tablets- break the tablet and disperse it in a spoonful of non-fizzy water. Stir gently until a very cloudy mixture is created. If you wish, mix with some fruit juices or apple sauce. The dispersion should be taken immediately (or within 30 minutes) and always be stirred just before drinking and rinsed down with half a glass of water. DO NOT USE milk or fizzy water. The pellets should not be crushed or chewed.
- Capsules - open the capsule and swallow the contents with half a glass of water or after mixing the contents in a slightly acidic fluid e.g. fruit juice or apple sauce, or in non-fizzy water. The dispersion should be taken immediately (or within 30 minutes) and always be stirred just before drinking and rinsed down with half a glass of water. Alternatively, the capsule can be sucked, and the pellets swallowed with half a glass of water. The capsule pellets should not be chewed.

3. Administration of Omeprazole dispersible tablets for children using an oral syringe.

3.1 Take the oral syringe and pull the plunger out of the barrel.

3.2 Place the dispersible omeprazole tablet or segment of tablet inside the barrel of the oral syringe, as stated in the table above. Do not crush the tablet.

3.3 Replace plunger and draw up 10ml of water (tap water should be boiled and cooled for children under 6 months of age).

3.4 Gently shake the oral syringe until a very cloudy mixture is created. This may take 5 to 10 minutes. The tablets disperse or breakdown into pellets, rather than dissolving completely. This is why it is not possible to dissolve a whole tablet in 10ml of water and then use a portion.

3.5 Direct the oral syringe towards the inside of the child's cheek and slowly push the plunger until the dose is given.

3.6 If some of the dispersed tablet is still left, draw a further small amount of water up into the oral syringe, shake and give as above to the child.

3.7 Pull apart the oral syringe and clean as directed.

3.8 If you have any problems, contact your healthcare professional who will give you further advice.

Safety tips for infants (newborn to 1 year old)

- Do not squirt medicine directly at the back of the baby's throat. This may cause your child to choke.
- Give small amounts of medicine at a time to avoid choking.
- Let the baby swallow all the medicine before you give more.

NOTE: pellets tend to settle to the bottom in oral syringes and there is a risk that the child may not receive the full dose. Ensure that all the pellets are drawn up and given to your child.

NOTE: the oral syringe is NOT designed for injection, it is only for giving medicines by mouth.

If a 10ml oral syringe is not available, a medicine cup may be used to disperse the tablet segment in 10ml of water. A smaller oral syringe may then be used to administer the medicine in parts. If using a medicine cup to disperse the tablets, it is important to ensure that ALL the pellets are drawn up into the oral syringe and given to your child.





Whilst on a PPI you can give your child medicines that contain paracetamol or ibuprofen, but for other medicines bought over the counter, including complementary and herbal medicines, check with your doctor or pharmacist about possible interactions.

What to do if a dose is missed

If you miss a dose of the medicine, it can be taken as soon as you remember. Do not take the dose if there is less than 6 hours before the next dose; just take the next dose as normal. Do not double-up on any doses.

When should the medicine start working:

PPIs start working straight away and your child should start to have less discomfort and less reflux. It may take up to 4 weeks for a PPI to work fully, so your child may still have some symptoms during this time. If you are not sure whether the medicine is working, contact your doctor.

Child vomits:

If the child vomits less than 30 minutes after giving a PPI, give them another dose. If the child vomits more than 30 minutes after giving the PPI, do not give another dose, wait for the next normal dose. If the child is sick again, seek advice from your doctor or pharmacist.

Are there any possible side effects:

We use medicines to make our children better, but sometimes they have other effects that we don't want. Omeprazole is a safe medicine, and most children can take it without having any side effects. However, side effects can occur. Some of these are not serious and will go away with time or after the dose has been changed. Others are more serious and require you to check with your doctor.

Side effects you MUST do something about:

If your child develops a rash, swelling of the face, lips, tongue or throat, or has difficulty breathing or swallowing, they may be allergic to Omeprazole. Contact your doctor or take your child to hospital straight away.

ALLERGIC REACTION: Stop medicine and contact your doctor or take your child to hospital straight away.

Other side effects you need to know about:

Your child may get the following side-effects when they first start taking omeprazole. They should wear off as your child's body gets used to the medicine. If they are still a problem after a week or so, contact your doctor.

- Your child may have stomach pain, feel sick or be sick (vomit) or they may get diarrhoea, wind (flatulence) or constipation (difficulty doing a poo). It may help to give each dose with some food.
- Your child may feel light-headed or dizzy.
- Some children feel sleepy, but some find it hard to get to sleep at night. If this is still a problem after about 2 weeks, contact your doctor.
- They may get headaches.

There may sometimes be other side effects that are not listed above. If you notice anything unusual and are concerned, contact your doctor.

Storing the medicine:

It is important to keep medicines locked away out of reach of children. Do not keep medicines in the bathroom, near the kitchen sink or in other damp, warm places because this may make them less effective. Store in a cool, dry place, away from heat and direct light.

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