

Omeprazole (Prilosec)

About This Medicine

Omeprazole is used to treat and prevent stomach ulcers. It is also used in combination with other medicines to treat *Helicobacter pylori*. It is given orally (by mouth).

Possible Side Effects

- Headache
- Pain in your abdomen
- Nausea and vomiting (throwing up)
- Diarrhea (loose bowel movements)
- Excess gas

Note: Each of the side effects above was reported in 2% or greater of patients treated with omeprazole. All possible side effects are not included. Your side effects may be different depending on your cancer diagnosis, condition, or if you are receiving other medicines in combination. Please discuss any concerns or questions with your medical team.

Warnings and Precautions

- Changes in your kidney function such as inflammation
- Severe diarrhea that can be caused by an infection called *Clostridium difficile*
- Increased risk of bone fractures, especially spine, hip, and/or wrist bone.
- Risk of developing systemic or cutaneous lupus erythematosus, which is an autoimmune disorder that can attack cells and organs in your body. If you already have systemic lupus, omeprazole may make it worse.
- Allergic reactions, including anaphylaxis, are rare but may happen in some patients. Signs of allergic reaction to this drug may be swelling of the face, feeling like your tongue or throat are swelling, trouble breathing, rash, itching, fever, chills, feeling dizzy, and/or feeling that your heart is beating in a fast or not normal way. **If this happens, do not take another dose of this drug. You should get urgent medical treatment.**
- Severe allergic skin reaction. You may develop blisters on your skin that are filled with fluid or a severe red rash all over your body that may be painful.
- Decreased or increased absorption of medicines or vitamins, including vitamin B-12, that may require monitoring.
- Changes in your electrolytes especially low magnesium

- Increased risk of developing small growths in stomach called fundic gland polyps, especially if taking omeprazole for more than one year.

Note: Some of the side effects above are very rare. If you have concerns and/or questions, please discuss them with your medical team.

How to Take Your Medicine

- Take this medicine before meals.
- **Delayed-Release Capsules:** Swallow capsules whole. Do not chew or crush. If you have trouble swallowing, the capsules can be opened and mixed with applesauce. Please refer to the instructions of the package insert or speak to your nurse and/or pharmacist for proper preparation and administration.
- **Delayed-Release Tablets:** Swallow tablets whole with a full glass of water. Do not split, chew, or crush. Do not crush and mix them into food.
- **Delayed-Release Oral Suspension:** The suspension can be mixed with water and taken by mouth. Please refer to the instructions of the package insert or speak to your nurse and/or pharmacist for proper preparation and administration.
- Antacids may be taken with omeprazole
- **Missed dose:** If you miss a dose, take it as soon as you think about it unless it is close to your next regular dose. Do not take 2 doses at the same time and do not double up on the next dose.
- **Storage:** Store this medicine in the original container at room temperature, away from light and moisture. Discuss with your nurse or your doctor how to dispose of unused medicine.

Treating Side Effects

- Keeping your pain under control is important to your well-being. Please tell your doctor or nurse if you are experiencing pain.
- Avoid gas-producing foods, such as brussels sprouts, cabbage, cauliflower, carrots, prunes, and apricots.
- Drink enough fluids to keep your urine pale yellow.
- If you throw up or have diarrhea, you should drink more fluids so that you do not become dehydrated (lack of water in the body from losing too much fluid).
- To help with nausea and vomiting, eat small, frequent meals instead of three large meals a day. Choose foods and drinks that are at room temperature. Ask your nurse or doctor about other helpful tips and medicine that is available to help stop or lessen these symptoms.
- If you have diarrhea, eat low-fiber foods that are high in protein and calories and avoid foods that can irritate your digestive tracts or lead to cramping.
- If you get a rash do not put anything on it unless your doctor or nurse says you may. Keep the area around the rash clean and dry. Ask your doctor for medicine if your rash bothers you.
- Ask your nurse or doctor about medicine that can lessen or stop your diarrhea.

Food and Medicine Interactions



- There are no known interactions of omeprazole with food. This medicine should be taken on an empty stomach before meals.
- Check with your doctor or pharmacist about all other prescription medicines and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs, and others) you are taking before starting this medicine as there are known medicine interactions with omeprazole. Also, check with your doctor or pharmacist before starting any new prescription or over-the-counter medicines, or dietary supplements to make sure that there are no interactions.
- There are known interactions of omeprazole with blood thinning medicine such as warfarin. Ask your doctor what precautions you should take.
- Avoid the use of St. John's Wort while taking omeprazole as this may lower the levels of the medicine in your body, which can make it less effective.

When to Call the Doctor

Call your doctor or nurse if you have any of these symptoms and/or any new or unusual symptoms:

- Headache that does not go away
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day
- Diarrhea, 4 times in one day or diarrhea with lack of strength or a feeling of being dizzy
- Excessive gas or pain in your abdomen that does not go away
- Decreased or very dark urine
- Blood in your urine
- Signs of allergic reaction: swelling of the face, feeling like your tongue or throat are swelling, trouble breathing, rash, itching, fever, chills, feeling dizzy, and/or feeling that your heart is beating in a fast or not normal way. **If this happens, call 911 for emergency care.**
- Signs of low magnesium: nausea, vomiting, tremors or shaking in parts or all of the body, muscle weakness and/or spasms, tingling in the arms and legs, confusion, seizures.
- Flu-like symptoms: fever, headache, muscle and joint aches, and tiredness
- Rash on the cheeks or arms that gets worse in the sun
- A new rash or a rash that is not relieved by prescribed medicines
- Pain in the joints
- Pain that does not go away or is not relieved by prescribed medicines
- If you think you may be pregnant

Reproduction Warnings

- **Pregnancy warning:** It is not known if this medicine may harm an unborn child. For this reason, be sure to talk with your doctor if you are pregnant or planning to become pregnant while receiving this medicine. Let your doctor know right away if you think you may be pregnant
- **Breastfeeding warning:** This medicine passes into breast milk. For this reason, women should talk to their doctor about the risks and benefits of breastfeeding during treatment with this medicine because this medicine can enter the breast milk and may cause harm to a breastfeeding baby.



- **Fertility warning:** Fertility studies have not been done with this medicine.

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