



A Public Entity

Inland Empire Health Plan

PHARMACY TIMES

BY IEHP PHARMACEUTICAL SERVICES DEPARTMENT

April 5, 2022

IMPORTANT NOTICE: PROTON PUMP INHIBITOR OVERUTILIZATION

Dear IEHP Provider,

Proton Pump Inhibitors (PPIs) are commonly prescribed for the treatment of gastroesophageal reflux disease, active duodenal ulcer, severe erosive esophagitis, and pathologic hypersecretory conditions. However, Members often continue therapy for extended durations and may have more than one PPI prescribed to them. PPIs have few adverse effects with short-term use, but long-term PPI use has been associated with several adverse effects, such as increased risk of bone weakness and fractures, community-acquired pneumonia, and *Clostridium difficile* infection.

The following table summarizes common indications for short-term and long-term use of PPIs:

Duration of Therapy	Indication
Short-term (approximately eight weeks)	GERD Gastric and duodenal ulcers Helicobacter pylori infection Stress ulcer prophylaxis
Long-term (may continue for longer than a year)	Refractory GERD Erosive esophagitis or peptic stricture Zollinger-Ellison Syndrome NSAID-Induced ulcers Chronic anticoagulation after a gastrointestinal (GI) bleed Barrett's esophagus

Please assess your Members' PPI therapy and consider switching to a H2 Receptor Antagonist (H2RA) such as FAMOTIDINE.

Please contact us with any questions or concerns at (909) 890-2049 between 8:00 AM – 5:00 PM on IEHP business days. Thank you for your attention to this matter.

Sincerely,
IEHP Pharmaceutical Services