The Vancouver Clinic

Heartburn Medication Chart

Class	Proton Pump Inhibitors (PPIs)	H2 Blockers	Antacids
Medications	**Nexium** (esomeprazole) **Prevacid** (lansoprazole) **Prilosec** (omeprazole) **Protonix** (pantoprozole) **Aciphex** (raberprozole)	**Pepcid** (famotidine) **Zantac** (renitidine) **Tagamet** (cimetidine) **Axid** (nizatidine)	**Maalox** (aluminum hydroxide and magnesium carbonate) **Mylanta** (aluminum hydroxide, magnesium hydroxide, and simethicone) **Tums, Rolaids** (calcium carbonate)
How it works	PPIs bind to an enzyme to prevent the final transport of hydrogen ions into the gastric lumen.	H2 blockers inhibit histamine located in gastric parietal cells.	Antacids neutralize stomach acid (make stomach juices less acidic).
Why it is used	Healing and prevention of ulcers, GERD, decrease secretion of acid.	Healing and prevention of ulcers, GERD, decrease secretion of acid.	For people with occasional, mild to moderate symptoms of heartburn.
How well it works	PPIs can block more than 90% of stomach acid production. They are more effective than H2 blockers.	H2 blockers completely relieve mild GERD symptoms in 6 out of 10 people. It also depends on severity of inflammation.	Works well for occasional, mild to moderate heartburn. Antacids do not work the same for everyone.
Side effects	Headache, diarrhea	Headache, dizziness, diarrhea, constipation, nausea, vomiting.	Constipation, diarrhea

Special Instructions: