



# LANSOPRAZOLE

Proton pump inhibitor (PPI)

Availability <sup>1</sup>	Brand name	Quick guide
Capsule, contains enteric-coated pellets 15 mg, 30 mg	Lanzopran, Zopral Generics are available	
Orally-disintegrating tablet (contains enteric-coated microgranules) 15 mg, 30 mg	Zopral ODT, Zoton FasTabs Generics are available	

<b>Effect of food</b>	PPIs are most effective given 30 to 60 minutes before breakfast. <sup>2</sup>
<b>Absorption</b>	Absorbed in the small intestine. <sup>3</sup> Likely to be suitable for duodenal or jejunal administration. The orally-disintegrating tablet is not absorbed in the mouth, it is absorbed after swallowing the disintegrated tablet in the saliva. <sup>3</sup>
<b>Warnings</b>	The response to PPIs given by enteral feeding tubes varies. People who have delayed gastric-emptying or who require a high level of gastric acid suppression may need a higher dose or IV therapy. PPIs delayed gastric emptying of solid meals. <sup>4</sup>
<b>Other</b>	May cause dry or sore mouth. <sup>1</sup>

## What to do for people with enteral feeding tubes

	<b>Do not crush the tablet, capsule or the contents of the capsule.<sup>1</sup></b> PPIs are a common cause of blocked tubes. Do not use less than the recommended volume of water. Shake well and often so that the dispersion does not settle.
<b>Option 1</b>	Use the orally-disintegrating tablet. Suitable for size 8 French tubes and larger. <sup>5,6</sup> Disperse the tablet in at least 10 mL of water in an enteral syringe. <sup>5,6</sup> Shake for at least 2 minutes to completely disperse the tablet and shake again immediately before giving into the tube. The dispersion settles quickly. <sup>7</sup> Shake the dispersion well and often to avoid tube blockage. Flush the tube with at least 10 mL of water. <sup>5</sup> Do not give the tablet sublingually.
<b>Option 2</b>	Open the capsule and disperse the pellets in 10 mL of sodium bicarbonate 8.4% in an enteral syringe. Suitable for size 8 French tubes and larger. <sup>8</sup> Shake for 2 to 5 minutes to form an even milky suspension. Flush the tube with 30 mL of water. <sup>8</sup>
<b>Option 3</b>	Open the capsule and disperse the pellets in 40 mL of apple juice in an enteral syringe. <sup>1,9</sup> Suitable for size 16 French tubes and larger. <sup>9</sup> Rinse the enteral syringe with at least another 40 mL of apple juice. <sup>1,9</sup>
<b>Option 4</b>	Some pharmacies can make a suspension from the contents of the capsules. <sup>10</sup> Contact a pharmacist or a compounding pharmacy.
<b>Option 5</b>	An intravenous PPI may be a suitable alternative for people who require high doses or have delayed gastric emptying. Consult the prescriber.

## What to do for people with swallowing difficulties

- Do not crush or chew the tablet, capsule or the contents of the capsule.**<sup>1</sup>
- Option 1** Use the orally-disintegrating tablet.  
Place the tablet on the tongue, it will disperse quickly.<sup>1</sup>  
Lansoprazole is reported to be the most palatable of the dispersible PPIs.
- Option 2** Open the capsule and disperse the pellets in a small amount of apple juice, orange juice, tomato juice, apple puree, cottage cheese, strained pears or yoghurt.<sup>1</sup>
- Option 3** Some pharmacies can make a suspension from the contents of the capsules.<sup>10</sup> Contact a pharmacist or a compounding pharmacy.

### REFERENCES:

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