

## Pharmacy Services

(800) 522-0114, option 4

February 19, 2018

Dear SoonerCare Prescriber,

The Oklahoma Health Care Authority is engaged in an effort to improve the quality of care for SoonerCare patients who have long term use of proton pump inhibitors (PPIs). You are receiving this letter because you have one or more patients receiving PPIs through SoonerCare Pharmacy Services.

The use of PPIs in non-institutionalized adults in the United States has doubled between 1999 and 2012 (3.9% to 7.8%), and during that same period the number of studies reporting PPI-related adverse reactions also doubled.<sup>1</sup> The American Gastroenterological Association (AGA) recently released a clinical practice update reviewing the risks and benefits of long-term use of PPIs and provided best practice recommendations. Although generally considered safe, several studies have shown evidence of uncommon but potentially serious adverse reactions associated with long-term PPI use including increased risk of kidney disease, dementia, bone fractures, infections, micronutrient deficiencies, and gastrointestinal malignancies.<sup>1</sup> Due to the increased utilization of PPIs and reports of serious adverse effects due to long-term use, a guideline for deprescribing PPIs has been developed to assist prescribers safely taper or discontinue PPIs in patients.

### Deprescribing should be considered in the following adult patients:

- Patients taking PPIs continuously for  $\geq 4$  weeks for the treatment of GERD or mild-to-moderate esophagitis; or
- Patients who have completed short-term treatment for the following diagnoses:
  - Stress ulcer prophylaxis
  - Peptic ulcer disease
  - *Helicobacter pylori* eradication

### PPI deprescribing recommended steps:

1. Decrease the daily dose (if on higher dose)
2. Change to on-demand use
3. Consider an H<sub>2</sub> receptor blocker as an alternative to PPIs

Patients should have a follow-up at 4 to 12 weeks after each deprescribing step to assess symptoms.

Patients with the following diagnoses should continue long-term use of PPIs, as the benefits of treatment outweigh the risks:

- Barrett's esophagus
- Chronic NSAID use with bleeding risk
- Severe esophagitis
- Documented history of bleeding GI ulcer

Thank you for the services you provide to Oklahomans insured by SoonerCare!

### References:

<sup>1</sup>Freedberg DE, Kim LS, Yang YX. The Risks and Benefits of Long-Term Use of Proton Pump Inhibitors: Expert Review and Best Practice Advice from The American Gastroenterological Association. *Gastroenterology*. 2017; 152: 706-15.

<sup>2</sup>Farrell B, Pottie K, Thompson W, Boghossian T, et al. Deprescribing proton pump inhibitors: Evidence-based clinical practice guidelines. *Can Fam Physician*. 2017; 63: 354-65.