

TYPE OF REMEDY	TYPES/EXAMPLES <i>Over-the-counter medications appear in italic type.</i>	HOW THEY WORK	INDICATIONS	HOW THEY'RE DISPENSED*
Antacids	<ul style="list-style-type: none"> • Sodium bicarbonate-based (<i>Alka-Seltzer®</i>, <i>Bromo Seltzer®</i>) • Calcium-based (<i>Alka-2®</i>, <i>Titrilac™</i>, <i>Tums®</i>) • Magnesium-based (<i>Milk of Magnesia®</i>) • Aluminum-based (<i>Alternagel®</i>) • Combination of active ingredients (<i>Gelusil®</i>, <i>Maalox®</i>, <i>Mylanta®</i>, <i>Roloids®</i>) 	<ul style="list-style-type: none"> • Neutralize existing stomach acid through basic chemical reaction 	<ul style="list-style-type: none"> • Relieve heartburn, sour stomach or acid indigestion 	<ul style="list-style-type: none"> • Over the counter
Bismuth Subsalicylate	<ul style="list-style-type: none"> • Bismuth subsalicylate (<i>Pepto-Bismol®</i>) 	<ul style="list-style-type: none"> • Coats esophagus and acts as a barrier to refluxed gastric acid contents 	<ul style="list-style-type: none"> • Relieves upset stomach, indigestion, nausea, heartburn, and diarrhea 	<ul style="list-style-type: none"> • Over the counter
Alginic Acid or Sodium Alginate with other antacid ingredients	<ul style="list-style-type: none"> • Aluminum hydroxide or magnesium trisilicate (<i>Gaviscon®</i>) 	<ul style="list-style-type: none"> • Active ingredients are antacids that neutralize existing stomach acid. Inactive ingredient produces a foam barrier between the stomach and the esophagus. 	<ul style="list-style-type: none"> • Treatment of gastric reflux, heartburn and hiatal hernia 	<ul style="list-style-type: none"> • Over the counter
H2 Blockers or Histamine Receptor Antagonists	<ul style="list-style-type: none"> • Famotidine (<i>Pepcid® AC</i>, <i>Maximum Strength Pepcid® AC</i>) • Cimetidine (<i>Tagamet®</i>, <i>Tagamet HB®</i>) • Nizatidine (<i>Axid®</i>, <i>Axid AR®</i>) • Ranitidine hydrochloride (<i>Zantac®</i>, <i>Zantac 75®</i>) 	<ul style="list-style-type: none"> • Partially block production of acid in stomach cells by inhibiting the action of histamine, a substance that stimulates secretion of stomach acid 	<p>Over the counter H2 Blockers</p> <ul style="list-style-type: none"> • Relieve heartburn associated with acid indigestion and sour stomach • Prevent heartburn brought on by eating and drinking certain foods and beverages <p>Prescription H2 Blockers</p> <ul style="list-style-type: none"> • Short-term treatment of symptomatic gastroesophageal reflux disease (GERD) • Short-term treatment of erosive esophagitis (longer duration/ higher daily dosages) 	<ul style="list-style-type: none"> • Over the counter and by prescription
Antacid H2 (Combination Therapy)	<ul style="list-style-type: none"> • Famotidine, Calcium Carbonate, Magnesium Hydroxide (<i>Pepcid Complete®</i>) 	<ul style="list-style-type: none"> • Antacid component neutralizes existing stomach acid and H2 component blocks production of acid in the stomach 	<ul style="list-style-type: none"> • Relieves heartburn associated with acid indigestion and sour stomach 	<ul style="list-style-type: none"> • Over the counter

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Promotility or Prokinetic Agents	<ul style="list-style-type: none"> • Metoclopramide (Reglan®) 	<ul style="list-style-type: none"> • Help strengthen valve that blocks acid from entering esophagus • Cause muscles in upper intestinal tract to contract, resulting in faster emptying of the stomach 	<ul style="list-style-type: none"> • Treatment of heartburn and GERD 	<ul style="list-style-type: none"> • By prescription only
Proton Pump Inhibitors (PPIs)	<ul style="list-style-type: none"> • Omeprazole magnesium (Prilosec®, <i>Prilosec OTC®</i>) • Lansoprazole (Prevacid®) • Rabeprazole (Aciphex®) • Pantoprazole (Protonix®) • Esomeprazole magnesium (Nexium®) 	<ul style="list-style-type: none"> • Inhibit stomach acid production by deactivating the acid pumps in the cells of the stomach 	<p>OTC PPI</p> <ul style="list-style-type: none"> • Treatment of frequent heartburn—that is, heartburn that occurs two or more days a week <p>Prescription PPI</p> <ul style="list-style-type: none"> • Short-term treatment of symptomatic GERD — that is, heartburn associated with GERD. 	<ul style="list-style-type: none"> • Over the counter and by prescription

*Consult a health-care professional for advice if you have taken medication as directed and heartburn continues.

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