

# Zegerid (omeprazole and sodium bicarbonate) basics

Powered by  
**IODINE**

**Relieves heartburn and excess stomach acid, and treats ulcers.** Zegerid (omeprazole and sodium bicarbonate) is an effective medicine for heartburn, but it's more expensive than buying omeprazole by itself.

## What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

	Hours	Days	Weeks	Months	Long term
<b>Zegerid (omeprazole and sodium bicarbonate)</b> Drug effectiveness	[Blue gradient bar]				
<b>Possible side effects†</b>	Hours	Days	Weeks	Months	Long term
<b>Headache</b>	[Red gradient bar]				
<b>Abdominal pain</b>		[Red gradient bar]			
<b>Constipation</b>		[Red gradient bar]			
<b>Diarrhea</b>		[Red gradient bar]			

† Data on frequency of side effects is not available.

## Tips from pharmacists

- Use the over-the-counter product when you have frequent heartburn (2 or more days a week).
- Stop Zegerid (omeprazole and sodium bicarbonate) and talk to your doctor if you have trouble swallowing food, vomiting with blood, or tarry stools as these may indicate a serious problem.
- Zegerid (omeprazole and sodium bicarbonate) starts working within an hour.
- Take Zegerid (omeprazole and sodium bicarbonate) with a full glass of water at least 1 hour before eating.
- Stop use and talk to your doctor if your symptoms are not better after 14 days or if you need to use more than 1 course of treatment every 4 months.
- Talk to your doctor or pharmacist about lifestyle and dietary changes that can help prevent heartburn.

## Risks and warnings

Contact your doctor if you experience any of these.

### Severe diarrhea

Zegerid (omeprazole and sodium bicarbonate) may raise your risk of getting an infection by a bacteria called *Clostridium difficile*. If you experience frequent diarrhea, abdominal pain, fevers, and loss of appetite speak to your doctor right away. Your doctor may need to switch you to a different medication as well as treat your infection.

### Bone fractures

Zegerid (omeprazole and sodium bicarbonate) may cause bone fractures if you are on a high dose or on long-term treatment. You may need to take vitamin D and calcium supplements to help prevent bone fractures. Speak to your doctor if this a concern.

### Drug interactions

Certain drugs may interact with Zegerid (omeprazole and sodium bicarbonate). Let your doctor or pharmacist know if you're currently taking other medications.