### THERAPY FOR MILD INTERMITTENT SYMPTOMS

Lifestyle measures may be all that is needed to relieve symptoms.\(^{11}\)

If a medicine is required, use antacids or H\(_2\) antagonists or standard-dose PPI as needed.\(^{11}\)

Advise patient to return if symptoms persist or if medicine is needed more than once-per-week – they may need to begin therapy for GORD.\(^{11}\)

### INITIAL THERAPY FOR GORD

#### STANDARD DOSE PPI THERAPY

**PPI:**
All PPIs have similar efficacy and adverse effects at equivalent doses.\(^{21}\)

**Dosage:**
Standard dose (Table 2) of a PPI taken once daily 30–60 minutes before a meal. For patients with symptoms mostly during the day, take PPI before breakfast. For patients with symptoms mostly at night, take PPI before evening meal.\(^{11,21}\)

**Therapy duration:**
4–8 weeks.\(^{11,21}\)

Patients with atypical symptoms may need higher dose therapy and/or longer therapy duration.\(^{5}\)

### STEP-DOWN THERAPY FOR GORD

#### REDUCE DOSE OF PPI

Reduce the daily dose of PPI or dose on alternate days.\(^{11}\)

For example, patient on standard-dose omeprazole (20 mg) once daily is stepped down to low-dose omeprazole (10 mg) once daily, or to 20 mg omeprazole on alternating days.

#### ON-DEMAND PPI

Take lowest effective dose of PPI on days when symptoms occur.\(^{11}\)

For example, patient with well-controlled symptoms on lansoprazole 15 mg once daily is stepped down to lansoprazole 15 mg on days when symptoms occur.

#### TRIAL CESSATION OF PPI

Stop PPI. Some patients will not relapse and mild intermittent symptoms may be adequately managed with H\(_2\) antagonists or antacids.\(^{3,11}\)

If a step down does not adequately control symptoms, resume with the lowest effective dose and frequency of PPI.\(^{11}\)

### REFER FOR ENDOSCOPY AND/OR SPECIALIST REVIEW

Patient is refractory to PPI therapy or response is inadequate despite satisfactory adherence.\(^{3,11}\)

Patient experiences alarm symptoms at any time.\(^{3,11}\)

### LIFESTYLE MEASURES

Advise patients with gastro-oesophageal reflux symptoms on lifestyle measures which are applicable. Lifestyle measures may help control symptoms and reduce the need for medicine.\(^{11,21}\)