

# PATIENT INFORMATION PANTOPRAZOL STADA®



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## How to take Pantoprazol STADA® correctly:

Pantoprazol STADA®				
To be taken from the following date:	morning	afternoon	evening	night

Pantoprazol STADA® can be taken on an empty stomach or with a meal.

### IMPORTANT

At follow-up appointments, we can talk about and check on the success of your treatment. Please do not change anything of your own accord. If side effects appear, please contact me immediately.

### NOTE

You can find further interesting health information and tips at [www.stada.de](http://www.stada.de). Here, you will also find an A-to-Z medical glossary, giving short and concise explanations on more than 300 medical terms. all the best :)

We, the healthcare practice team, look forward to your visit.

Please stamp with the healthcare practice stamp

<b>Your next appointment:</b>	
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## Dear Patient,

Your symptoms are signs of a disease affecting the gullet, stomach or duodenum, which mostly involves inflammation of the mucous membranes. With ulcers, such inflammation is so far advanced that deeper, underlying tissue layers are also affected. Medicines

such as painkillers and anti-rheumatic drugs can also trigger such health problems. In the following document, you will find information, as requested, about your disease and its treatment with pantoprazole.

## How symptoms occur

Symptoms are often caused by *overproduction of stomach acid*. Normally, the stomach lining (mucous membranes) is protected against acid. However, if too much stomach acid is produced or if the mucous

membranes are already inflamed, stomach acid will attack these membranes. In reflux disease (heartburn), stomach acid enters the gullet, where it attacks the sensitive gullet lining.

### Factors that can trigger or worsen such disease:

- Increased stomach acid production
- Stress, personal strain
- Bacteria (*Helicobacter pylori* in the stomach)
- Unhealthy eating habits (food which is too fatty, spicy, sweet or sour, overeating and/or eating too quickly)
- Certain medications (e.g. acetylsalicylic acid/ASA, diclofenac, etc.)
- Alcohol, smoking, lots of coffee

### I recommend:

*Eat healthily* (less fat and sugar, fewer spices). Eat smaller portions regularly and do not continue eating if you no longer feel hungry. Allow yourself plenty of time to eat and chew thoroughly. Drink regularly and in adequate amounts (at least 2 litres a day). Water and unsweetened/slightly sweetened tea are particularly suitable. Avoid alcohol and cigarettes

wherever possible. *Learn to take things more easy, don't get worked up unnecessarily and learn to get rid of stress.* Take regular physical exercise (sport, go for walks) and make a conscious effort to relax and unwind. Take your prescribed medication **REGULARLY**.

## How your symptoms are treated

Nowadays, it is possible to suppress stomach acid production with medications, thereby preventing damage to the mucous membranes. For this, active substances have been developed such as pantoprazole, which I have prescribed to you. Pantoprazole is a so-called proton pump inhibitor. It prevents cells

in the stomach from releasing too much gastric acid into the stomach, thereby protecting against damage to mucous membranes caused by too much stomach acid. Already inflamed mucous membrane areas in the gullet, stomach and duodenum heal more easily; as a result, symptoms soon wear off.

## What you must consider

You must take Pantoprazol STADA® *regularly, i.e. every day*. Only in this way will your treatment be successful. Even if your symptoms quickly wear off

and you are feeling healthy again, it is important that you keep exactly to the treatment period prescribed. Otherwise, your symptoms may return.