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Summary

THE USE OF ALGINATE DURING PROTON PUMP INHIBITOR WASHOUT IMPROVES PPI DEPRESCRIBING BY IMPROVING SYMPTOM BURDEN AND QUALITY OF LIFE

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A retrospective study of 620 patients on long-term PPI therapy found that alginate use during mandatory PPI washout before reflux testing enabled 74% of patients with typical symptoms and 54% with atypical symptoms to discontinue PPIs at follow-up.

KEY POINTS

- Patients were asked to stop PPIs for at least 2 weeks prior to reflux testing and allowed to take alginate as rescue therapy, with 80% using alginate during withdrawal.
- At follow-up (median 2-3 months after testing), 280 of 380 patients with typical symptoms and 130 of 240 patients with atypical symptoms did not resume PPIs.
- Symptom scores improved significantly after testing, with GerdQ-positive patients decreasing from 64% to 48% for typical symptoms and RSI-positive patients decreasing from 72% to 61% for atypical symptoms.
- Patients taking alginate on a standardised schedule (after each meal and before night) were able to stop PPIs more frequently than those using it as needed (76% vs 48%).
- The study is relevant to clinicians managing patients on long-term PPI therapy and considering deprescribing strategies; the lead author has financial relationships with the alginate manufacturer.

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