

Doctor Discussion Guide

1. Do you get heartburn 2 or more days a week?

- Yes No

2. How often have you had heartburn in the last year?

- Daily About once a month
 Several days a week Less than once a month
 About once a week

3. Is your heartburn occurring more frequently over time?

- Yes No

4. How bad is your heartburn usually?

- Mild Severe
 Moderate Very severe

5. Does heartburn wake you up at night?

- Yes No

Important: These questions serve as discussion points only. They are not intended to replace your doctor's advice. Only your doctor can determine if you have acid reflux disease and prescribe appropriate treatment.

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6. Have you had a bad taste (bitter or sour-tasting fluid) rise up into your throat (regurgitation) in the last year? (If your answer is "No," skip to Question 9.)

- Yes No

7. How often have you had a bad taste in your throat in the last year?

- Daily About once a month
 Several days a week Less than once a month
 About once a week

8. How would you describe the bad taste in your throat usually?

- Mild Severe
 Moderate Very severe

9. How often do you use over-the-counter (OTC) medications such as acid blockers or antacids to treat these symptoms? (If your answer is "Not at all," skip to Question 12.)

- Daily Monthly
 Weekly Not at all

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10. Which OTC medicines have you taken?

- Antacids such as MYLANTA® or TUMS®
- Acid blockers such as PEPCID® AC®
- Prilosec OTC® /Prevacid® 24hr
- Other

11. Which diet changes have you made to help manage your symptoms? I avoid or limit:

- | | |
|---|---|
| <input type="radio"/> Alcoholic beverages | <input type="radio"/> Fatty or fried foods |
| <input type="radio"/> Carbonated drinks | <input type="radio"/> Garlic and onions |
| <input type="radio"/> Chocolate | <input type="radio"/> Peppermint and spearmint |
| <input type="radio"/> Citrus fruits | <input type="radio"/> Tomatoes or tomato sauces |
| <input type="radio"/> Coffee and tea | <input type="radio"/> Other |

12. Which lifestyle changes have you made to help manage your symptoms? I try to:

- Eat several smaller dishes and snacks instead of 3 larger meals
- Avoid eating within 2 to 3 hours of bedtime
- Exercise several times a week*
- Avoid smoking
- Other

*Be sure to talk to your doctor before beginning or changing any exercise program.

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INDICATIONS

In adults (≥ 18 years of age), one ACIPHEX 20 mg tablet daily is used for the treatment of daytime and nighttime heartburn and other symptoms associated with acid reflux disease. ACIPHEX is also used for the short-term (4 to 8 weeks) treatment in the healing and symptom relief of damaging (erosive) acid reflux disease (gastroesophageal reflux disease) and to maintain healing of damage (erosion) and relief of heartburn symptoms that happen with acid reflux disease. ACIPHEX has not been studied for treatment lasting longer than 12 months (1 year).

In adolescents (≥ 12 years of age), one ACIPHEX 20 mg tablet daily is used for the treatment of daytime and nighttime heartburn and other symptoms associated with acid reflux disease.

IMPORTANT SAFETY INFORMATION

- Symptom relief does not rule out other serious stomach conditions.
- Serious allergic reactions may occur. Tell your doctor if you have a rash, face swelling, throat tightness, or difficulty breathing.
- People who are taking multiple daily doses of Proton Pump Inhibitor (PPI) medicines for a long period of time may have an increased risk of fractures of the hip, wrist, or spine.
- Low magnesium can happen in some people who take a PPI medicine for at least 3 months. Tell your doctor right away if you experience any of these symptoms: seizures, dizziness, abnormal or fast heartbeat, jitteriness, jerking movements or shaking (tremors), muscle weakness, spasms of the hands and feet, cramps or muscle aches, or spasm of the voice box.
- In adolescents, the most common side effects with ACIPHEX include headache, diarrhea, nausea, vomiting, and abdominal pain.
- In adults, the most common side effects with ACIPHEX include pain, sore throat, gas, infection, and constipation.
- Before taking ACIPHEX, tell your doctor if you are taking any of these medicines: atazanavir, digoxin, iron salts, ketoconazole, or warfarin.

For more information about ACIPHEX, [see Full Product Information](#).