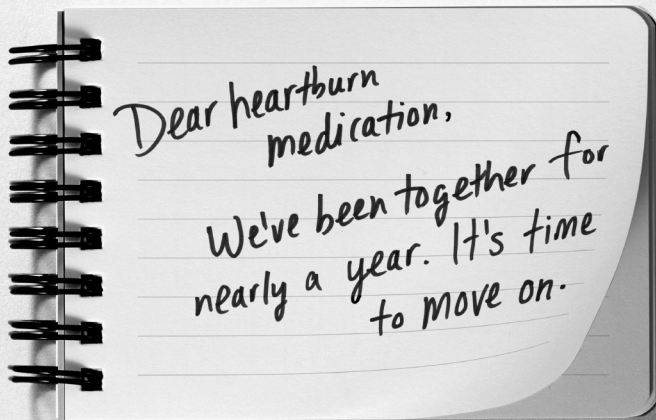


Some things just aren't meant to be long term.

For most people, heartburn medication is not recommended for more than 3 months.

Ask your pharmacist, doctor or nurse if you can safely stop your reflux medication.



Did you know?



- **1-in-3** adults in Newfoundland and Labrador take a prescription heartburn medication
- We have some of the **highest** use of heartburn medications in Canada
- For most people, heartburn medication isn't recommended for more than **3 months**
- Taking these medications for longer than needed **puts you at risk** of side effects

Make an appointment to see your pharmacist, nurse practitioner, or doctor to find out if stopping your stomach medication is right for you.

Make an Appointment

Date

Time

With

Where

  @SaferMedsNL

www.SaferMedsNL.ca