MEDWATCH The FDA Safety Information and Adverse Event Reporting Program

Proton pump inhibitors (PPIs): Drug safety communication – low magnesium levels can be associated with long-term use.

[Posted 03/02/2011]

FDA 公告的 Proton pump inhibitors (PPIs) 包括 Nexium (**esomeprazole magnesium**), Prilosec (**omeprazole**), Prevacid (**lansoprazole**), Protonix (**pantoprazole sodium**), AcipHex (**rabeprazole sodium**)。

長時間使用 proton pump inhibitor（PPI）（在大部分的案例中，使用時間都超過一年）可能會導致血中鎂離子濃度過低（低血鎂）。低血鎂可能會造成嚴重副作用，包括痙攣、心律不整、癲癇，但病患不會一直有這些症狀。治療低血鎂的方式通常是補充鎂離子。在所有案例中，約有四分之一的案例顯示補充鎂離子無效，則氫離子幫浦抑制劑就必須停用。

病患要長期使用 proton pump inhibitor（PPI）之前；或者，有併用 digoxin、利尿劑、其他會造成低血鎂的藥物時，醫護人員應該事先檢測病患的血鎂濃度，治療期間也應定期檢測血鎂濃度。

Esomeprazole (Nexium) - Proton pump inhibitors (PPIs): Drug safety communication – low magnesium levels can be associated with long-term use.

AUDIENCE: Consumer, Gastroenterology, Family Practice

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Prescription PPIs including Nexium (esomeprazole magnesium), Prilosec (omeprazole), Prevacid (lansoprazole), Protonix (pantoprazole sodium), AcipHex (rabeprazole sodium).

FDA notified healthcare professionals and the public that prescription proton pump inhibitor (PPI) drugs may cause low serum magnesium levels (hypomagnesemia) if taken for prolonged periods of time (in most cases, longer than one year). Low serum magnesium levels can result in serious adverse events including muscle spasm (tetany), irregular heartbeat (arrhythmias), and convulsions (seizures); however, patients do not always have these symptoms. Treatment of hypomagnesemia generally requires magnesium supplements. In approximately one-quarter of the cases reviewed, magnesium supplementation alone did not improve low serum magnesium levels and the PPI had to be discontinued.

Healthcare professionals should consider obtaining serum magnesium levels prior to initiation of prescription PPI treatment in patients expected to be on these drugs for long periods of time, as well as patients who take PPIs with medications such as digoxin, diuretics or drugs that may cause hypomagnesemia. For patients

taking digoxin, a heart medicine, this is especially important because low magnesium can increase the likelihood of serious side effects. Healthcare professionals should consider obtaining magnesium levels periodically in these patients.