

## Home Compound Omeprazole

### Zegerid/Omeprazole with Now Calcium Carbonate Powder

1 x [Zegerid 20mg capsule](#)

1 x [Omeprazole 20mg tablet](#) (many prefer tablets as capsules can turn to sludge at the bottom of the bottle)

½ teaspoon [Now Calcium Carbonate powder](#) (equivalent to 1500mg of calcium carbonate, do NOT look at calcium only)

Add 20 mls of water for 2mg/ml (minimum dose should be 3.5ml to make sure there is enough buffer per dose)

OR

Add 10mls of water for 4mg/ml (minimum dose should be around 1.75ml to make sure there is enough buffer. (see flavoring below, to make with simple syrup)

Shake well

Add about 0.6ml of [gas drops](#). Alternatively, just give [gas drops](#) before dosing.

Place in refrigerator.

Mix periodically over 3 hours.

Do not make more than a week supply otherwise it gets bitter tasting.

Keep refrigerated. Shake well before giving.

Pros: Most tolerated form. Less chance of ingredients that trigger an intolerance.

Cons: Bitter! Needs flavoring. See below for some flavoring options!

[Now Calcium Carbonate](#) is only available online.

<http://www.infantreflux.org/home-compounding-recipes/>

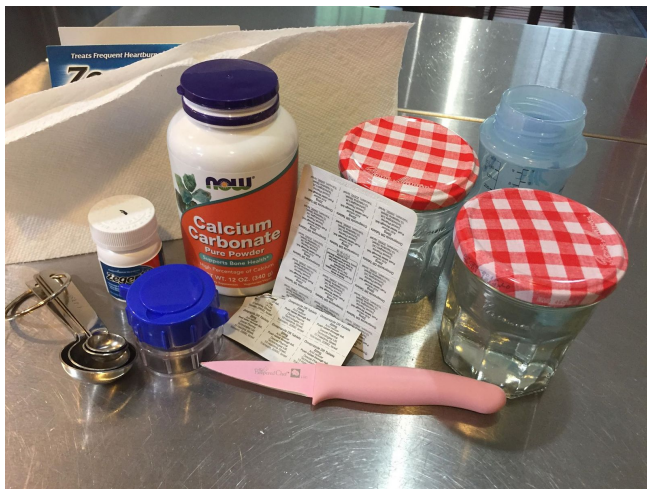
This recipe makes about 20ml of the compound. My baby's dose is 3.5ml 3x/day, so we go through 10.5ml/day. To make enough for a week (with some wiggle room for residue in her paci doser or drips along the way), I make an 80ml batch of 2mg/ml compound.

## 1) Start with the simple syrup



Traditionally, simple syrup is equal parts sugar and water. I've found that a half ratio works, but it will vary by baby's preference. This is one cup water to  $\frac{1}{2}$  cup sugar. Heat the water and stir till sugar is dissolved; set aside to cool. I make enough syrup to last a few weeks so I don't have to make it every time I make medicine, just put it in a jar in the fridge.

## 2) Assemble your tools



To me, it's easiest to have everything handy. The medication and pill crusher are from Amazon; the rest is regular kitchen stuff. To make the 80ml batch, I need to quadruple the recipe. I set aside the pills I'll need.

### 3) Open the Zegerid



Do this first! It is inevitable that some of the shell will fall in while you're dumping out the capsule, and it's a lot easier to get it out of just some zegerid powder than it is to pick it out of your whole batch. I puncture it with the point of the paring knife and then crack the rest open and dump it.

See what I mean?



4) Next up, Calcium Carbonate



Use the back of the paring knife you started with to level off the top. Since I'm quadrupling the recipe, I use 2 teaspoons here.

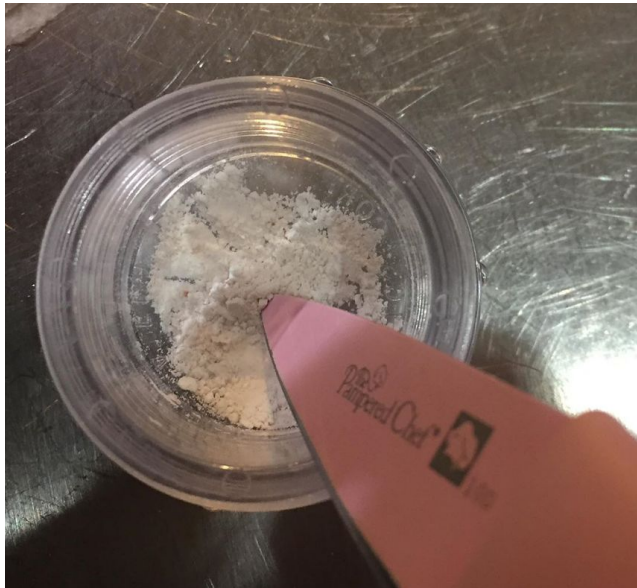
5) Prep the Omeprazole



Use a wet paper towel to rub the coating off. It's an annoying step, but it makes a big difference in the consistency of the compound. I use one select-a-size paper towel folded in quarters for two pills. Warm-hot water and wet the paper towel thoroughly makes this go easier. Hold the pill in the wet paper towel and apply pressure for a few moments before you start rubbing to get the coating to start breaking down. Rub. Keep rubbing. Maybe scratch at it a bit with the paper towel. The paper towel should be wet enough that this is messy and drips; if the paper towel isn't wet enough, it takes forever.

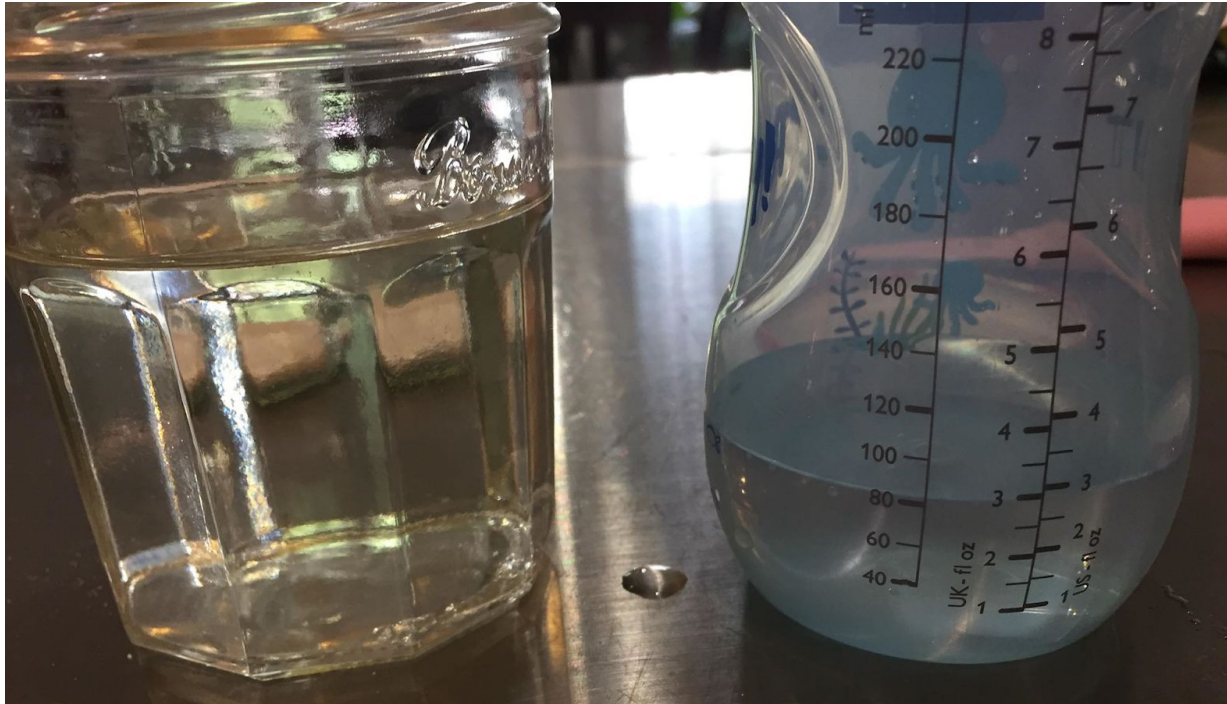


#### 6) Crush



After crushing, the omeprazole may be stuck in the bottom. Use that handy paring knife to scratch it up and loosen it.

## 7) Add liquid



You can make this in water and then add flavoring, but I prefer using the simple syrup as the base because it's one less step to deal with when administering and it reduces the volume baby has to consume by adding a liquid flavor on top of the dose. The easiest way I have found to measure out the ml needed for quadrupling the recipe at one time is with a baby bottle. If you're making a 4mg/ml compound, use 40ml here, or 80ml as pictured for 2mg/ml compound.

## 8) Shake it all up

Shake a few more times over the next three hours, and then shake very well before each use. I like the recycled jelly jar because it allows me to easily see if there is any residue on the bottom when I'm shaking. You could add gas drops now or when you administer doses.

