# Home Compounding with omeprazole and calcium carbonate

# Basic Recipe for 4mg/mL solution:

1X Zegerid 20mg

1X Omeprazole 20mg (tablet or capsule)

0.5 teaspoon <u>Calcium Carbonate</u>

10mL simple syrup (use C&H brand sugar to be as corn-free as possible)

### STEP 1: figure out how much you need for a week.

We give 2.4mL, 3 times per day, so we need just over 50mL per week. I multiply the basic recipe by 5:

5X Zegerid 20mg 5X Omeprazole 20mg (tablet or capsule) 2.5 teaspoon Calcium Carbonate 50mL simple syrup

Get all of your pills out and ready. Get your container ready. I use a breast milk storage container with a screw cap. You definitely don't want a snap cap because the pressure of the solution will pop it off.

You will also need:

- large safety pin or straight pin
- Razor blade or sharp paring knife
- Bowl
- Paper towels
- Pill crusher
- 10mL syringe or bottle that can measure the simple syrup in mLs



**STEP 2: make simple syrup** (if you don't have some in the fridge from a previous week) I make enough to last 4 weeks (~1 Cup or 237mL). My kiddo takes it fine with half-strength syrup so I do:

0.5 Cups white sugar (use C&H brand if avoiding corn) 1 cup water

Stir water and sugar in a small pot over low heat until sugar is dissolved. This only takes a couple of minutes. Remove from heat and transfer to an air-tight storage container (without the lid on) to cool on the counter.

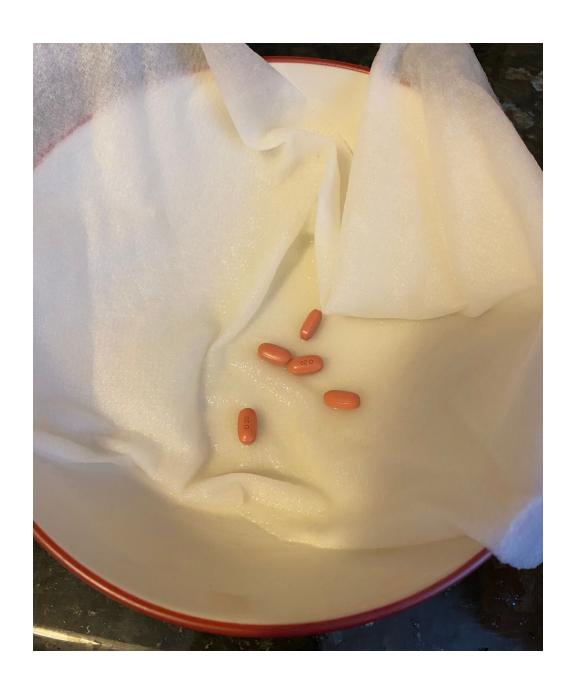
#### STEP 3: prep Omeprazole tablets (skip if using capsules)

The goal for this step is to sufficiently soften the outer coating of the tablets and remove it before grinding the pills.

Run hot tap water into a bowl (cereal bowl works fine) and leave it to soak for a minute. This gets the bowl nice and warm so the warm paper towels don't cool off too fast.

Take 2 (half-sheet) paper towels and <u>soak</u> them in hot tap water. Dump the water out of the bowl, put the paper towels in and place the tablets on top. Fold the excess paper towels over the pills a couple of times to create a little pouch. Push down a couple of times so the water squeezes out, making sure those pills are getting nice and wet.

These really need to soak in here for at least 5 minutes or the coating will be much harder to remove.





### STEP 4: Add Zegerid to your container

Use the large safety pin to poke a hole in the end of the pill. I always poke into the fatter end. Use your razor blade or knife to slice the end of the pill, using the hole as a starting point. I put the tip of the blade in the hole and then slice downward toward the collar of the pill. Flip it around and slice down the other side. You should now have a semi-circular slice in the end of the pill.

Carefully turn the pill upside down over the container and gently squeeze/rotate the pill in between your thumb and forefinger as you get all of the powder out.

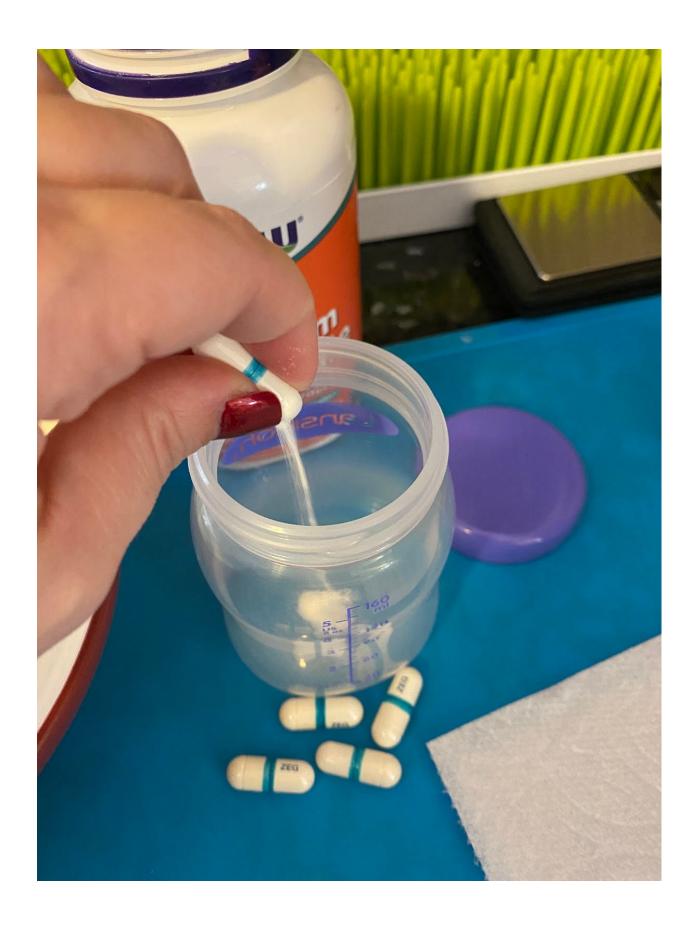
Repeat with all Zegerid pills.











## **STEP 5: Add Calcium Carbonate to your container**

Use a measuring spoon to measure the correct amount. I scoop a heaping amount and use the blade to scrape off the excess and level it. Add it to your container.



STEP 6: Remove coating from omeprazole tablets and grind (skip if using capsules) Remove one tablet from the paper towels and wrap the others back up.

Use the tip of your blade to scrape the coating from the side of the tablet. If it's been soaking long enough, the coating should come off very easily, in one or 2 pieces. Scrape the edge off and then the two flat sides of the pill. Use the wet paper towels to rub off any little bits of coating that are left behind. Place the pill onto a dry paper towel. Repeat with remaining pills. Use the dry paper towel to pat the pills as dry as possible before grinding or they will be pasty and difficult to remove from the grinder.

Grind pills 2-3 at a time or all at once if using a larger, more powerful grinder. Add powder to the container (scrape out any stuck bits).

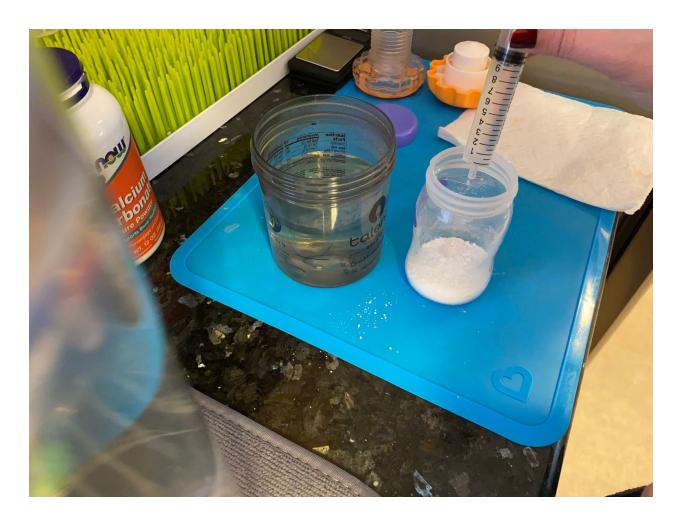




# STEP 7: Add simple syrup

Use the syringe to add the cooled syrup to the container, 10mL at a time, until the total amount for the batch is in the container. Alternatively, measure 50mLs using a separate bottle that measures mLs (such as a baby bottle), then pour in the entire amount at once.





#### STEP 8: Cap and mix

Tightly screw the cap onto your container and shake VIGOROUSLY. Carefully unscrew the cap slightly to release pressure and then re-tighten.

Place the container in the fridge and set timers to shake every 30 minutes for a total of 3 hours. It will separate. Just make sure to mix very well prior to dosing.

# **Delivering to Baby**

I purchased a box of <u>3mL syringes</u> on Amazon. Prior to each dose, shake vigorously and measure the appropriate amount with the 3mL syringe. I then transfer this to a larger syringe (happens to be an Infant Tylenol syringe) that I can use with the <u>Dr. Brown's paci doser</u>:

- 1. Remove the plunger from the Tylenol syringe
- 2. Measure the appropriate volume with a 3mL syringe
- 3. Hold Tylenol syringe upside down between your first and middle fingers with your thumb covering the small outlet hole

- 4. Squirt the medicine from the 3mL syringe into the back of the Tylenol syringe, keeping your thumb blocking the hole so it doesn't drip out
- 5. Keeping the Tylenol syringe upside down, insert the plunger into the back a little ways, just enough so it's secure and won't fall out when you invert.
- 6. Still keeping your thumb over the hole, invert the syringe so it's right side up and remove your thumb. A small drop may squirt out due to the pressure of inserting the plunger, so do this over the sink or the medicine bottle if you can.
- 7. Attach the full syringe to the medicine pacifier, pointing upward, and carefully turn the plunger as you gently push it up to remove most of the air.
- 8. It is now ready to give to baby. Give the meds immediately before a feed, when baby is hungry, so baby will be more likely to take it without a fuss.
  - a. Note: my kiddo doesn't take a paci (never would no matter how I tried!) but he will suck on this paci doser just fine.