

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 [Calcium Carbonate](#)

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



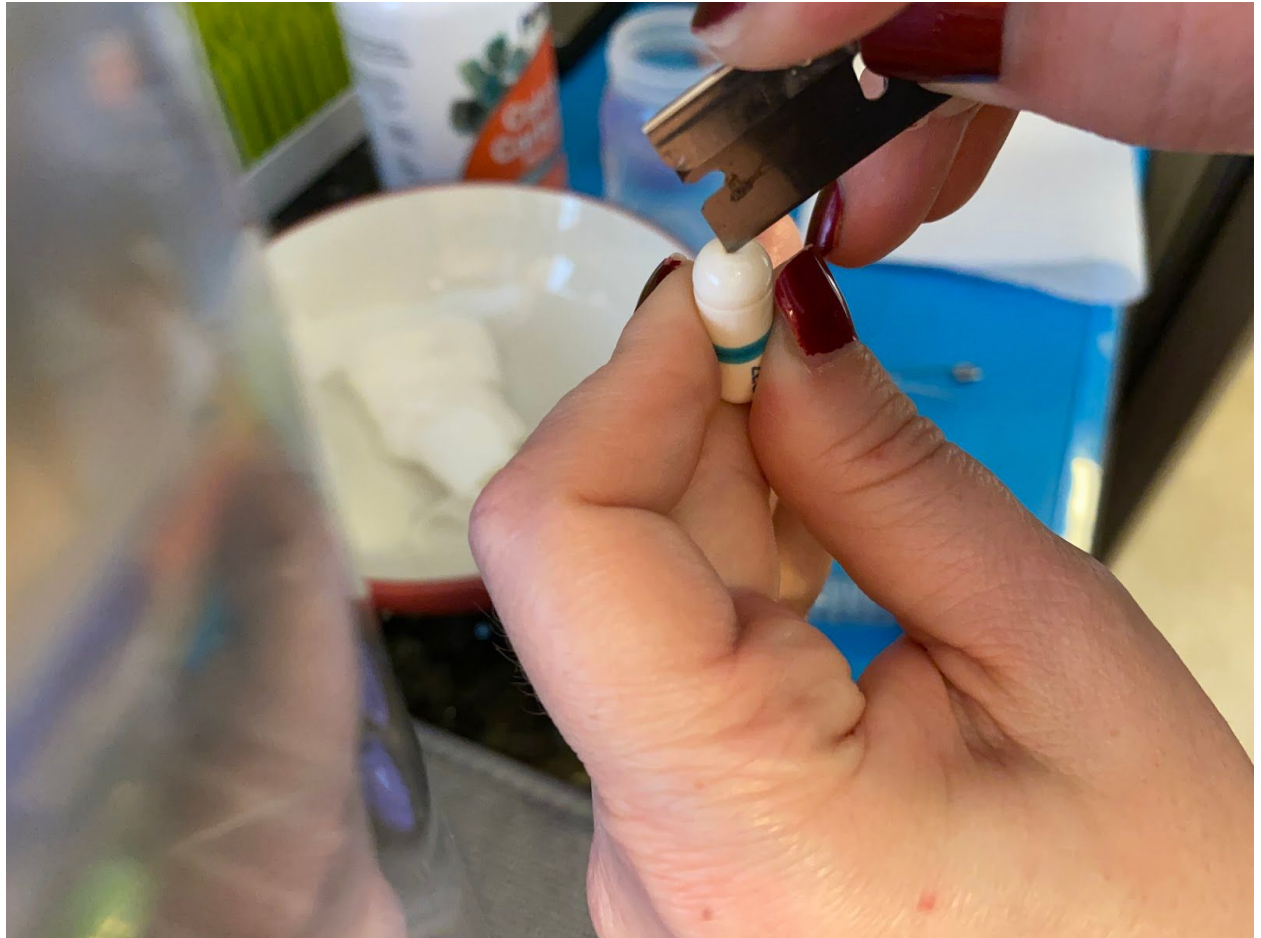
**STEP 4: Add Zegerid to your container**

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.

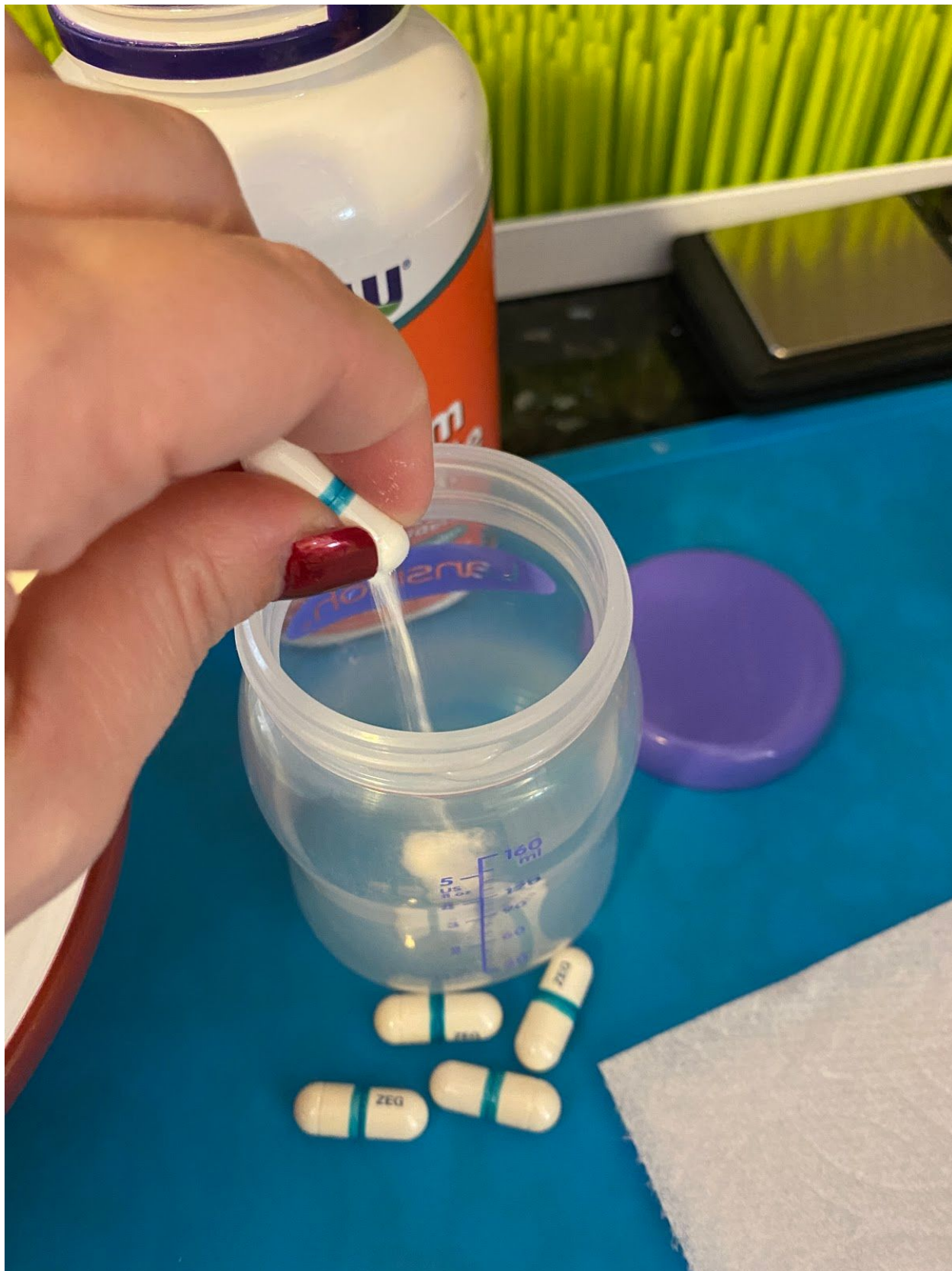
Repeat with all Zegerid pills.











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.

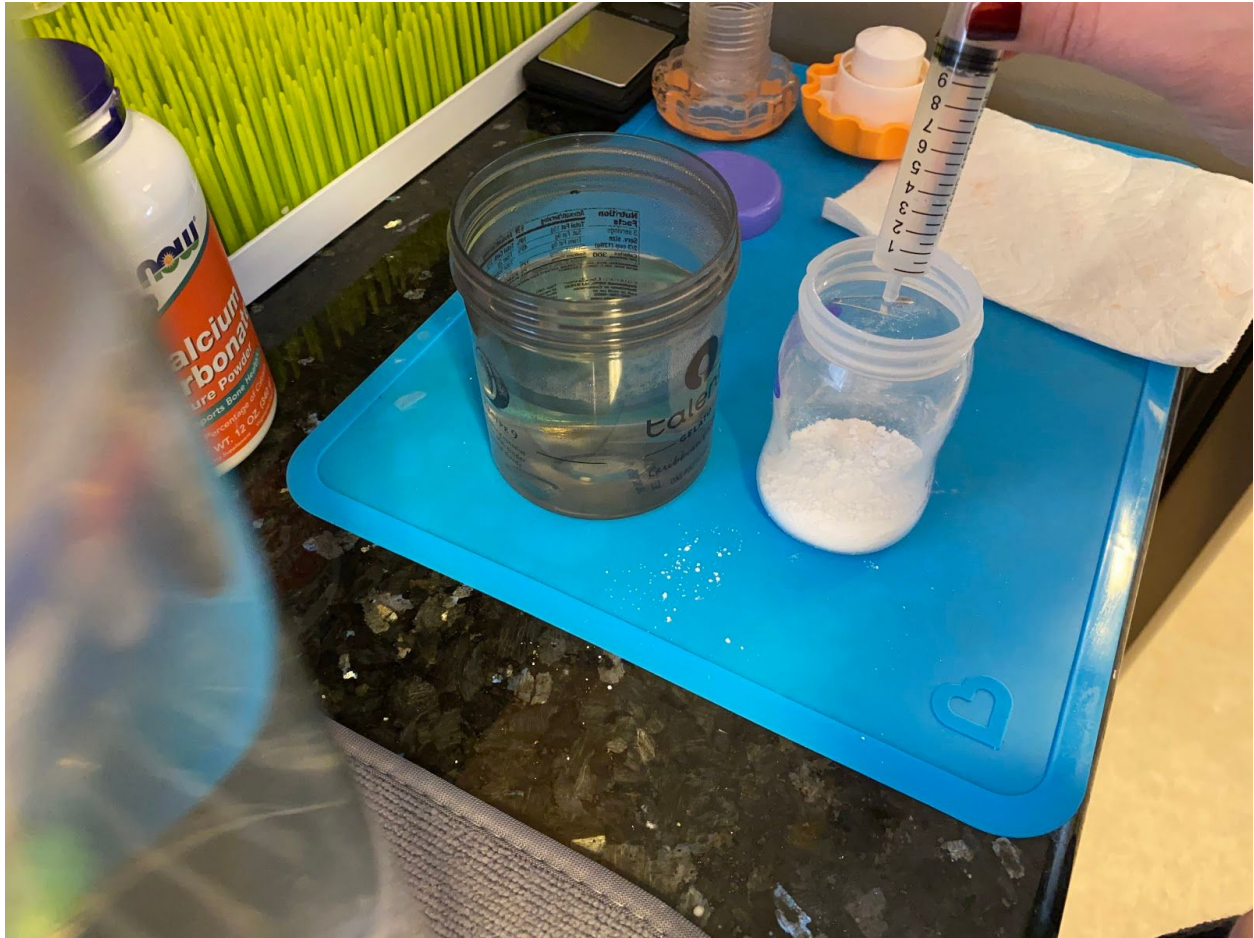
Add powder to the container (scrape out any stuck bits).



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 [3mL syringes](#) 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 [Dr. Brown's paci doser](#):

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.