

Rx

Antacid (e.g. aluminum hydroxide/
magnesium hydroxide suspension)

Take 10–15 mL orally as needed for
stomach pain, up to 4 times daily

Simethicone 80 mg chewable tablets

Chew 1–2 tablets as needed for gas
pain, up to 4 times daily

Omeprazole 20 mg delayed-release
capsules

Take 1 capsule by mouth daily
before breakfast for 14 days

Acetaminophen 500 mg tablets

Take 1–2 tablets every 4–6 hours
as needed for pain, not to exceed
4000 mg per

Additional instructions:

Avoid spicy, fatty, and acidic
foods

Eat smaller, more frequent meals

Stay hydrated with clear fluids

Rest as needed

Follow up if symptoms persist
beyond 2 weeks