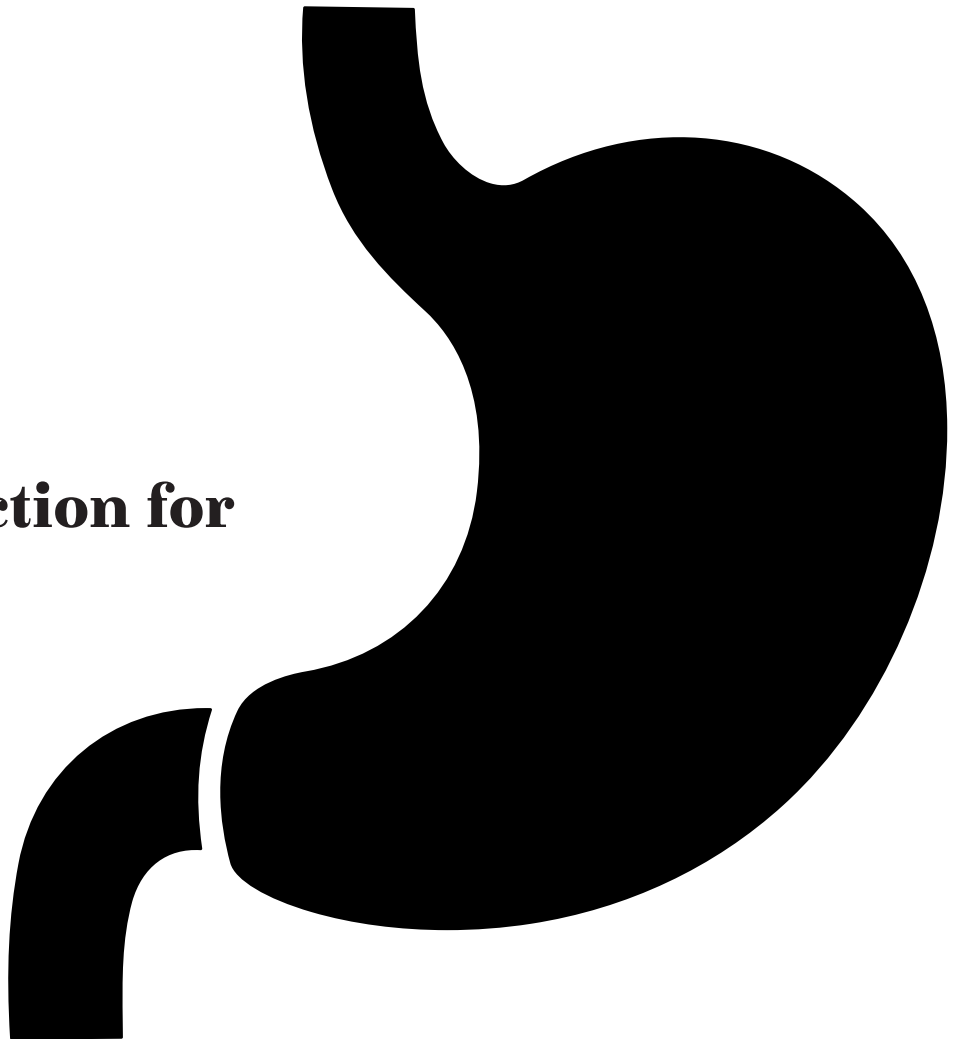


Clinician Update

**Stomach protection for
patients on
glucocorticoids**



Defining risk of ulcer

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GI

PROTECTING THE STOMACH

GLUCOCORTICOIDS

Some providers prescribe stomach medicine (PPI or H2 blockers) for people on steroids. Is it necessary?

Recommendations

Routine gastrointestinal prophylaxis is not necessary for all patients taking prednisone, but should be considered in those with specific risk factors for GI complications, including concomitant NSAID use, high-dose or prolonged corticosteroid therapy (>1000 mg cumulative prednisone equivalent or >30 days duration), history of peptic ulcer disease, or significant comorbidities.

The evidence supporting prophylactic regimens remains limited, with most prophylaxis likely unnecessary in low-risk patients.

Clinical judgment should guide the decision based on individual patient risk factors rather than reflexive co-prescription.

Evidence for or against prophylaxis

References

1. Pecora PG, Kaplan B. Corticosteroids and ulcers: is there an association? *Ann Pharmacother.* 1996 Jul-Aug;30(7-8):870-2. doi: 10.1177/106002809603000729. PMID: 8826575.