FAIRVIEW PHARMACY — EST. 1978

Taking famotidine safely

famotidine (Pepcid) · heartburn and acid reducer

3 MISTAKES TO AVOID

1 Ignoring the OTC limits
No more than 2 tablets in 24 hours, no more than 14 days without a doctor.

2 Treating a warning sign like heartburn
Trouble swallowing, vomiting blood, or black stools need a doctor, not a pill.

3 Not mentioning kidney problems or age
Famotidine can build up and cause confusion in older adults or weak kidneys.

Over-the-counter use (adults and 12+)

- **To prevent heartburn:** 1 tablet with water, 15 to 60 minutes before the food or drink that causes it.
- **No more than 2 tablets in 24 hours.** Don't use it more than 14 days in a row without asking a doctor.
- Children under 12: ask a doctor. Don't use it with another acid reducer.

Prescription use

- Follow your prescription's own schedule. Don't copy the OTC directions onto it.
- **Missed a scheduled dose?** Take it when you remember unless the next one is almost due. Never double up.

Tell your pharmacist

- Kidney problems or older age: your dose may need to be lower.
- Every prescription and OTC medicine you take.

IMPORTANT
Don't use it for heartburn and see a doctor if you have trouble or pain swallowing, vomiting with blood, or bloody or black stools.

Ask a doctor before OTC use if you've had

- Heartburn for more than 3 months
- Heartburn with lightheadedness, sweating or dizziness
- Chest or shoulder pain with shortness of breath, or pain spreading to your arms, neck or shoulders
- Frequent chest pain or wheezing, unexplained weight loss, nausea, vomiting or stomach pain

Call your doctor if you notice

- Confusion, hallucinations, agitation or seizures, especially in older adults or with kidney problems

Pregnant or breastfeeding? Ask a health professional before use.

Questions? Ask Dr. Mike at fairviewpharm.com/medications

Leave a message: 601-640-4671 · 500 Katie Ave, Hattiesburg, MS

Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

This handout is for education only and is not medical advice. Talk with your doctor or pharmacist about your medicines.
Source: Pepcid AC Drug Facts (2026); FDA label for famotidine tablets (rev. 1/2019). PEPCID is a trademark of its owner.

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