

Short-Term Side Effects of Antacids



Side effects that can happen immediately after you start taking antacids include:

- Headache
- Nausea
- Constipation (caused by aluminum-containing antacids)
- Diarrhea (caused by magnesium-containing antacids)

Apart from these side effects that can be taken care of relatively easily, antacids can also cause a potentially fatal side effect called “Milk-Alkali Syndrome.” This condition is characterized by high blood calcium and absorbable alkali. High calcium and alkali can come either from calcium supplements to treat osteoporosis or from antacids. In the beginning, the condition usually has no symptoms (asymptomatic). However, it can lead to the following symptoms.

“Milk-Alkali Syndrome”

- Back pain especially in the middle and low back, in the kidney area (related to kidney stones)
- Confusion, strange behavior
- Constipation
- Depression
- Excessive urination
- Fatigue
- Irregular heartbeat (arrhythmia)
- Nausea or vomiting

Untreated milk-alkali syndrome may result in kidney failure and death.