



ANTI REFLUX INSTRUCTIONS

Your physician has determined that you have gastro-esophageal reflux (GERD). There are a number of simple things you can do to relieve symptoms. Most patients do well following these simple steps. In addition, you may need to take antacids or medication prescribed by your doctor.

1. Eat small portions at meals. Avoid overeating. Small, frequent meals are better than a few large ones.
 2. Lose weight. Losing even just a few pounds may help a great deal.
 3. Do not sleep, or even lie down, shortly after eating. Stay up for at least 2-3 hours after meals and try to go to bed on an empty stomach.
 4. Elevate the head of your bed by placing blocks under the legs. Use wood or concrete blocks to Elevate the head 6-8 inches. Do not just use extra pillows. If you find this uncomfortable, you may try a foam rubber wedge under the top half of the mattress.
 5. Wear clothes, which are loose fitting at the waist. Avoid constricting slacks, belts, etc.
 6. Avoid bending from the waist; bend at the knee.
 7. Avoid tobacco in any form-cigars, cigarettes, pipes, chewing tobacco, etc. It is the nicotine not the smoke, which aggravates reflux.
7. Certain foods and drinks may aggravate esophageal reflux. Things which may cause symptoms And should be avoided include:
- Alcohol in any form.
 - Caffeine; coffee and tea.
 - Carbonated drinks.
 - Fatty foods.
 - Citrus fruits and juices.
 - Mints and chocolate.

In addition to these steps, you need to use antacids (Mylanta, Maalox, Riopan, Gaviscon, Tums, etc.) or medications prescribed by your physician.