

Three Rivers Family Medicine, PSC

ANTI-REFLUX PRECAUTIONS FOR GERD Gastroesophageal Reflux Disease

The following recommendations may be helpful in reducing GERD symptoms:

- Stop using tobacco in all forms. Nicotine weakens the lower esophageal muscle.
- The following foods irritate an inflamed lower esophagus and should be limited or avoided as much as possible.

Coffee (regular and decaffeinated) and strong tea
Citrus fruit and juices (grapefruit, orange, pineapple)
Carbonated soft drinks
Peppermint and spearmint
Whole milk
Spaghetti sauce, pizza
Fatty or fried foods
Chocolate
Creamed foods or soups
Hamburger, red meat

- Fish & chicken are better for your stomach compared to red meat.
- Start with a bland diet until your symptoms are controlled then gradually advance.
- Eat small portions of food at mealtime. Avoid eating three hours before bedtime.
- Do not lie down immediately after eating.
- Avoid activities that increase abdominal pressure
 - Tight clothing
 - Bending over (particularly after eating)
 - Exercises such as sit-ups
- Elevate the head of the bed 6-8 inches to prevent reflux while sleeping. Consider using a wedge pillow. Extra pillows, by themselves, are not as good as a wedge pillow.
- Weight control may help to control or eliminate your symptoms.
- Always carry antacids or acid suppressants. Treat symptoms as soon as possible to get the best result. You may need to take these medications on a daily basis to control symptoms.
- If you are having difficulty controlling your symptoms, call your doctor for a check-up.