

**Some patients find that some or all of the following suggestions are helpful in reducing or preventing reflux. Consult with your doctor to determine which of these measures may be appropriate for you.**

## Reflux Esophagitis - Patient Instructions



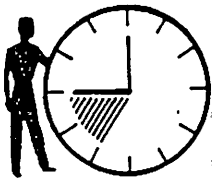
### 1. Bed Blocks

Elevate the head of your bed 2-6 inches with wood blocks or bricks. Using extra pillows is NOT a good substitute. Use of a foam wedge beneath the upper half of the body is an alternative.



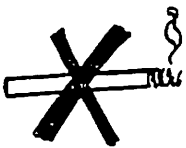
### 2. Avoid Foods That Cause Your Symptoms

Foods to avoid are: Spicy and fatty foods, tomato and citrus juices (such as grapefruit and orange juices), chocolate, mints, coffee, tea, colas, and alcoholic beverages.



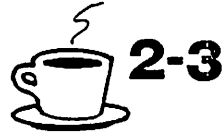
### 3. Do Not Lie Down for 2 Hours After Eating

Allow gravity to work. Also, avoid bending over at the waist to pick up things, instead bend at the knees.



### 4. Stop Smoking

If you cannot stop, decreasing the number of cigarettes you smoke may help.



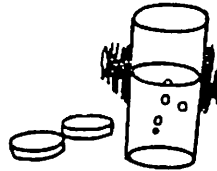
### 5. Limit Coffee

Limit coffee to 2-3 cups per day. Limiting consumption of other caffeine-containing beverages (tea, soft drinks) may also be helpful.



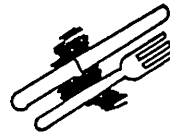
### 6. Avoid Tight Clothing

Tight belts, tight pants or girdles can increase the pressure on the abdomen.



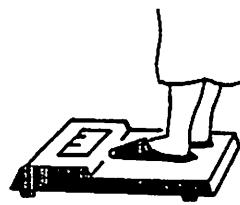
### 7. Antacids

Antacids can be taken at bedtime and 30-60 minutes after each meal or as directed by your physician.



### 8. Eat Smaller Meals

Don't overfill your stomach.



### 9. Maintain Your Ideal Weight

Excess weight increases the amount of pressure constantly placed on your stomach. Even small amounts of weight loss may help.

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