



Take medication **FIRST** thing in the morning on an empty stomach 30 minutes before eating/drinking anything

## **Management of Heartburn and Reflux**

**Follow your doctor's advice and individualized treatment program.**

Depending on what triggers your symptom(s), changes in your diet or lifestyle may be recommended to help alleviate your symptom(s).

### **Changes in Diet**

- ❖ Reduce the meal size, if you have symptoms after eating
- ❖ Avoid fatty or greasy foods, if they provoke symptoms
- ❖ Avoid caffeine-containing beverages or carbonated beverages such as coffee, tea, energy drinks, seltzer, club soda and colas, if they provoke symptoms
- ❖ Avoid acidic foods/fruits including juices including orange juice, cranberry juice and pineapple juice
- ❖ Avoid alcohol, spicy foods and chocolate, if they provoke symptoms

### **Changes in Lifestyle**

- ❖ Smoking may worsen your symptoms. Try to stop smoking or cut down on the number of cigarettes you smoke
- ❖ Extra pounds may add to the problem. Try to keep your weight down
- ❖ If you have symptoms when you lie down, raise the head of your bed with 6-inch blocks
- ❖ Avoid wearing tight belts or tight fitting clothing
- ❖ Avoid eating for two to three hours before going to sleep
- ❖ Avoid water bottles at the bedside or midnight snacks

Avoid potentially harmful medication if your health allows. Some medications used to treat asthma and hypertension cause decrease in the lower esophageal sphincter contributing to an increase in reflux. Aspirin and many over-the counter pain relievers such as ibuprofen can also cause injury to the lining of the esophagus and stomach, especially when they are already inflamed. Iron and potassium tablets and some antibiotics can also cause injury to an inflamed esophagus.

Life style modifications are helpful, but medical treatment of reflux disease may be necessary.

**Medications may:**

**Neutralize acid-** Maalox, Mylanta, Carafate

**Stop the production of acid-** Tagamet, Pepcid, Zantac, Dexilant, Prilosec, Prevacid, Nexium

**Increase lower esophageal spincter tone-** Reglan

**Improve gastric emptying-** Propulsid

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