

## Anti-reflux Precautions Recommended by Dr. Anil Patel

Acid reflux occurs when the muscle at the lower esophagus (LES) allows acids to move upward from the stomach into the esophagus.

The symptoms include heartburn, chest discomfort, bitter taste, hoarse voice, and others. This is called Gastroesophageal Reflux Disease (GERD).

This diet is designed to help reduce acid reflux.

- ✓ Stop smoking!
- ✓ Avoid any foods that you know will cause you to have heartburn.
- ✓ Avoid coffee, alcohol, chocolate, peppermint, and fatty foods as much as possible.
- ✓ Avoid bending or stooping after eating.
- ✓ Avoid clothing that fits tightly across the mid-section of the body.
- ✓ Consider eating smaller more frequent meals during the day.
- ✓ Avoid eating within three hours of your bedtime.
- ✓ Eat high protein foods.
- ✓ Avoid high fat meals and decrease fat in the diet.
- ✓ Lose weight if you are overweight.
- ✓ Take any medication as prescribed by your physician.

For occasional heartburn (less than once a week), or heartburn despite your medication, use 1-2 chewable Pepcid Complete as needed, or 2 tablespoons of an antacid, such as Maalox or Mylanta.

If symptoms continue despite the advice above:

Use blocks under the top bedposts to elevate the head of your bed 6-8 inches.

You may also buy commercially available wedges to place under your mattress.

Contact our office if your symptoms worsen despite trying the suggestions above, if there is no significant improvement within 4 weeks, or if you continue to have reflux symptoms more than once a week.

### FOODS TO AVOID:

Alcohol	Coffee	Pastries
Carbonated beverages	Cream sauces	Pepper
containing caffeine	Decaffeinated coffee	Peppermint oil
Chocolate desserts or	Fried foods	Spearmint oil
candies	Gravies	Tea
Chocolate drinks	High fat foods	
Cocoa	High fat meats	

### LIMIT:

Butter and oils	Salad dressings
Citrus juices	Spicy foods
Cream	Tomato juice