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## GASTROESOPHAGEAL REFLUX DISEASE

Your doctor has placed you on a reflux regimen.

The purpose of this regimen is to decrease the amount of acid that is being produced in your stomach, which he suspects may be causing some of your symptoms throat irritation.

### TREATMENT PROGRAM

1. DIET: Avoid greasy foods, heavy foods or any foods you have noticed will cause you to have heartburn. Avoid chocolate, mint (peppermint, spearmint), spicy foods (hot peppers, chili, black pepper, horseradish) and tomato-based products. Avoid citrus drinks and soft drinks. Avoid tea, coffee and decaffeinated coffee. Chew well and eat slowly.
2. Avoid large meals. Keep meals moderate and relatively equal in size.
3. Do not eat or drink more than 2 ounces of fluid within 3 hours before bedtime or lying down. Avoid bedtime snacks.
4. Avoid alcohol, tobacco and caffeine.
5. Lose weight if your doctor feels this would be beneficial.
6. Avoid bending forward or stooping, particularly after eating.
7. Avoid wearing tight clothing.
8. Sleep with the head of your bed raised 6-8 inches.
9. Avoid aspirin and consult your physician regarding arthritis medications you may be taking. For minor aches and pains use acetaminophen.
10. Medications may be prescribed and should be taken as indicated: \_\_\_\_\_

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Should you have any questions regarding this regimen, please contact your doctor. If you are taking medications for diabetes or other illness, please speak to your doctor before beginning this regimen