

For patients with Acid Reflux Disease

Heartburn Hints

☐ Follow these instructions:

☐ Make these lifestyle & dietary changes:

☐ Avoid fried and fatty foods (such as French fries and other fast-food items) and spicy foods

☐ Avoid chocolate (including candy bars, chocolate shakes, cupcakes, etc)

☐ Avoid coffee, caffeine-containing beverages, and alcohol

☐ Avoid citrus fruits and juices, tomato products (spaghetti sauce), and pepper

☐ Reduce your portions at mealtimes (less food in your stomach may mean less chance for reflux)

☐ Eat meals 2-3 hours before going to sleep

☐ Lose excess weight if you are overweight, it may lessen your symptoms

☐ Quit smoking (smoking weakens the valve between the esophagus and the stomach, increasing the chance for reflux)

☐ Raise the head of your bed with 6-inch blocks; gravity will help minimize reflux of stomach contents into the esophagus (Note: Do not use extra pillows to elevate your head... this can increase pressure on your abdomen)

☐ Avoid tight clothing and belts

