

LIVING WITH GERD

GERD (Gastroesophageal Reflux Disease)

Controlling the symptoms of heartburn due to GERD:

Eating

- ❖ Keep meals small and low in fat
- ❖ Eliminate or cut down on some of the following foods:
 - Caffeine-containing foods like coffee, tea and cola
 - Tomatoes, citrus fruits, milk, peppermint, spearmint and chocolate
 - Any food that upsets your stomach

Personal Habits

- ❖ Avoid or reduce use of:
 - Cigarettes or any other tobacco
 - Alcohol
- ❖ Lose weight, if needed
- ❖ Avoid tight-fitting clothes

Sleeping

- ❖ Allow your food to digest at least 3 hours before lying down
- ❖ Raise the head of the bed with 4 to 6 inch blocks

Medications

- ❖ Take antacids and/or other GERD medications as directed by your physician
- ❖ Tell your doctor if you are taking any other medications
- ❖ Take the full course of medications exactly as prescribed by your doctor

