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Lifestyle Changes for Patients with Reflux

- 1. Avoid tight-fitting clothing, bending at the waist or other physical activity that puts pressure on the abdomen.**
- 2. Eliminate the use of alcohol and tobacco products.**
- 3. Eat slowly and chew food well. Meals should be moderate in size. Do not overeat at mealtime.**
- 4. Avoid highly spiced foods, fatty foods, peppermint and caffeinated foods and beverages such as coffee, tea, chocolate and colas. Additionally, avoid any foods which are known to you to irritate your stomach.**
- 5. Do not lie down or go to be for at least 3 (three) hours after eating. An upright posture, such as standing or sitting should be maintained to avoid aggravating symptoms.**
- 6. Elevate the head of your bed by placing wooden blocks, bricks, books, etc. under the frame of your bed such that the headboard or legs of the head of the are 6 (six) inches off the floor.**
- 7. Do not exercise too soon after eating. Wait at least 2 (two) hours.**
- 8. Watch your weight. Being overweight increases intra-abdominal pressure which worsens the symptoms of reflux. Overweight individuals should reduce their weight to that which is nearer to normal for their age, height and body frame.**
- 9. Take the medication prescribed by your physician as directed. If you have any questions, please do not hesitate to contact our office.**