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Patient instructions for Heartburn & Reflux

Many symptoms are relieved by simple lifestyles changes:

1. Always begin a meal with a sip of water or warm beverage.
2. Small meals more frequently are better than large meals
3. Avoid products that are known to slow stomach emptying or relax esophageal muscles:
 - a. Fried foods;
 - b. Fatty meats;
 - c. Oils and oily foods: salad dressings, butter, cream;
 - d. Spearmint, peppermint, menthol or eucalyptus;
4. Chew thorough, eat slowly, and avoid gulping.
5. Avoid foods that are very acidic:
 - a. Juices such as pineapple or grapefruit (this can also interfere with medication absorption) b, Citrus products: orange juice
 - c. Other acidic foods such as pineapples and tomatoes
6. Stop smoking.
7. Limit consumption of alcohol and caffeine.
8. Don't eat and recline. Avoid eating or drinking two (2) hours before bedtime, except for medications. If you wake up during the night, do not eat or drink anything. No water.
9. Elevate the head of the bed to produce a slight incline.
10. For symptoms, consider medications that can turn off acid production or neutralize acid:
 - a. H2 blockers: such as over the counter Zantac@, or Pepcid@;
 - b. Prescription strength H2 blockers: Zantac@, Pepcid@, Tagamet@ or Axid@;
 - c. Antacids, especially the liquid variety: with or without "simethicone".
11. Use other prescription medications only as advised by your Physician.
12. Do not clear your throat.
13. Special instructions:
