

DIETARY AND LIFESTYLE MODIFICATIONS **FOR PATIENTS WITH ACID REFLUX**

1. **ABSOLUTELY NO SMOKING!!!**
2. Avoid caffeine and caffeinated beverages, such as coffee, tea, cola, Sprite, 7-Up, Ginger Ale etc. Also, chocolate. If the package states that the beverage has no caffeine (unlikely with chocolate), you can have it in moderate quantities.
3. Avoid onions, garlic, and peppermint-flavored candy, tea, breath mints, gum etc. You may have other flavors.
4. Avoid fried, greasy, or fatty food.
5. Do not eat or drink 2-3 hours before bedtime.
6. Do not lie down after meals.
7. Elevate the head of your bed about 6 inches (15 cm) at the highest level. Pillows are not adequate for this. The goal is to elevate your upper body and not just the head. You may use 2 telephone books or a block under the head of the mattress, or you can buy a foam wedge at any medical-surgical supply store.
8. Do not wear tight clothing.
9. Do not lift heavy objects.
10. If you are overweight, try to lose a few pounds.
11. If you have any questions, ask the doctor.