

## Gastroesophageal Reflux Instructions

### What is GERD?

Gastroesophageal reflux disease, or GERD, occurs when acid from the stomach backs up into the esophagus. When stomach acid touches the sensitive tissue lining the esophagus, it causes a reaction similar to squirting lemon juice in your eye. This is why GERD is often characterized by the burning sensation known as heartburn.

Occasional heartburn is normal. However, if heartburn becomes chronic, occurring more than twice a week, you may have GERD. Left untreated, GERD can lead to more serious health problems.

### *Tips to Prevent GERD*

- Do not drink alcohol and quit smoking
- Lose weight
- LIMIT problem foods such as: Coffee, Caffeine, Carbonated drinks, Chocolate, Peppermint, Tomato and citrus foods, Fatty and fried foods
- Wear loose clothing
- Eat **small** meals and **slowly**
- Elevate the head of your bed by using 6" blocks
- AVOID late night snacks
- AVOID laying down after meals
- AVOID aspirin, Naprosyn & Advil. Use acetaminophen (Tylenol) instead.
- You may use antacids such as Maalox or Mylanta, one ounce one hour after meals or at bedtime as needed.
- ALWAYS take medication as prescribed or directed by your doctor.