

Reflux Precautions

1. Sit upright (90 degrees) when eating.
2. Stay upright for at least 30 minutes after eating.
3. Avoid large meals. Eat 5 to 6 small meals rather than 3 large meals.
4. Avoid eating 2-3 hours before going to bed.
5. Sleep with your head at 30 degrees elevation or greater. Elevate your upper body, not just your head. You can purchase a wedge pillow or create a wedge with pillows.
6. Sleep on your left side if possible.
7. Avoid and/or limit the following foods/liquids:
 - Spicy foods
 - Fatty fried foods
 - Acidic foods (examples: tomato-based foods such as pizza/lasagna, citrus such as oranges/orange juice, vinegar, bottles iced tea, etc.)
 - Soda
 - Coffee (both caffeinated and decaffeinated)
 - Alcohol (especially red wine and beer)
 - Chocolate
 - Garlic and onion
 - Peppermint flavored candy, gum and food
8. Do not take antihistamines.
9. Do not smoke.
10. Take medication (if recommended by your doctor) at the designated time.