



Gastroesophageal Reflux Disease (GERD)

What can I do to prevent or reduce reflux?

- **Limit Caffeine.** Limit coffee to 2-3 cups per day. Limiting consumption of other caffeine-containing beverages (tea, soft drinks) may also be helpful.
- **Avoid Tight Clothing:** Tight belts, tight pants or girdles can increase the pressure on the stomach.
- **Avoid Foods That Cause Your Symptoms:** Foods to avoid are:
 - spicy and fatty foods
 - tomato and citrus juices (such as grapefruit and orange juices)
 - chocolate, mints, coffee, tea, cola, and alcoholic drinks.
- **Do Not Lie Down for 2 Hours After Eating:** Allow gravity to work. Also, avoid bending over at the waist to pick up things; instead bend at the knees.
- **Stop Smoking:** If you cannot stop, decreasing the number of cigarettes you smoke may help.
- **Bed Blocks:** Elevate the head of your bed 2-6 inches with wood blocks or bricks. Using extra pillows is NOT a good substitute. Use of a foam wedge beneath the upper half of the body is an alternative
- **Maintain Your Ideal Weight:** Excess weight increases the amount of pressure constantly placed on your stomach. Even small amounts of weight loss may help.
- **Antacids:** Can be taken at bedtime and 30-60 minutes after each meal or as directed by your physician.
- **Acid Suppression Medications:** These medications should be taken 30-60 minutes before meals.
- **Eat Smaller Meals:** Don't overfill your stomach.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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