

LIVING WITH GERD

fruits small meals

Controlling the symptoms of heartburn due to GERD

Eating

- ☑ Keep meals small and low in fat
- ☑ Eliminate or cut down on some of the following foods:
 - Caffeine-containing foods like coffee, tea, cola
 - Tomatoes, citrus fruits, milk, peppermint, spearmint, chocolate
 - Any food that upsets your stomach

No drink

Personal Habits

- ☑ Avoid or reduce use of:
 - Cigarettes or any other tobacco
 - Alcohol
- ☑ Lose weight, if needed
- ☑ Avoid tight-fitting clothes

No Berry Rasp -
Blue -
Gms -
Strawberry oil.

Sleeping

- ☑ Allow your food to digest at least 3 hours before lying down
- ☑ Raise the head of the bed with 4- to 6-inch blocks

Medications

- ☑ Take antacids and/or other GERD medication as directed by your physician
- ☑ Tell your doctor if you are taking any other medications
- ☑ Take the full course of medications exactly as prescribed by your doctor

GERD (GASTROESOPHAGEAL REFLUX DISEASE)

Next scheduled appointment: _____