

## Anti-Reflux Dietary Measures

Gastroesophageal reflux (GER) happens when your stomach contents come back up into your esophagus, causing heartburn (also called acid reflux).

### Ways to help minimize heartburn/reflux:

- Avoid lying down immediately after meals.
- Avoid eating at least two to three hours before bedtime.
- Sleep with the head of the bed elevated.
- Avoid wearing tight garments (such as girdles, abdominal binders, etc.)
- Avoid eating large meals; instead eat smaller and more frequent meals.
- Avoid peppermints, wintergreens, spearmint, chocolates, tomato products such as sauces and paste, spicy and fried/greasy foods, citrus fruits/juices, carbonated/caffeinated beverages and alcohol.
- Avoid medications such as Aspirin, Ibuprofen, Aleve and Motrin.
- And last but not least, if you are a smoker, kick the habit!

You can also take an anti-reflux medication like, Omeprazole (Prilosec), Nexium or Zantac.

Take one tab once or twice a day as recommended at least 30 minutes before a meal.

*(Please review all medications with your pharmacist.)*