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MEDICAL CARE OF REFLUX ESOPHAGITIS

The following list is provided to help you control and prevent your symptoms of reflux esophagitis. It is hoped by doing (or not doing) these simple things, your problem can be eliminated.

1. If you are having night time reflux, elevate the head of your bed 3-4 inches on bed blocks, or buy a foam wedge.
2. Avoid eating in the 3-4 hour period prior to going to bed.
3. Avoid lying down after meals.
4. Avoid vigorous exertion, straining, and prolonged bending.
5. Avoid tight constricting garments – girdles, tight pants, belts, etc.
6. Avoid constipation.
7. Avoid excessive carbonated beverages, alcohol, coffee and tea. Decaffeinated beverages may be used. Avoid chocolate.
8. Avoid unusually fatty foods and foods which are known to produce your discomfort.
9. Do not overload the stomach at any one meal. Divide daily food intake into equal amounts for each meal.
10. Take medications as often and in the amounts prescribed by your doctor.
11. Eliminate smoking.
12. If overweight, lose weight to your ideal body weight. Weight reduction is absolutely essential for a successful response to therapy.

You may find that your reflux problem can be well controlled by only doing several of the things above or by following the list entirely and then leaving off items, one at a time, to see which ones contribute to your own problem. In general, the discomfort and danger of reflux can be prevented but, remember, you have to do it.