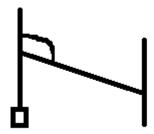


Gastroesophageal Reflux Disorder (GERD) Precautions

DR. DETTWILER

- 1. Watch what you eat. Some foods increase the amount of stomach acid or relax the lower esophageal sphincter (LES). Avoid drinking/eating the following foods:
 - Coffee, tea and carbonated drinks (with and without caffeine)
 - Spicy or fatty foods
 - Fried foods
 - Citrus fruits and tomatoes
 - Onions
 - Peppermint
 - Chocolates
- 2. Avoid alcohol and tobacco products.
- 3. Eat six smaller meals rather than three large meals. This makes it easier for your LES to hold food in your stomach.
- 4. Raise the head of your bed 4 to 6 inches. Place a block of wood under the legs at the head of your bed or place a wedge under the mattress at the head of the bed.



- 5. Don't lie down right after eating. Don't eat anything three hours before bedtime. This will allow your stomach to empty before lying down.
- 6. Don't wear tight fitting clothes or tight belts. This places extra pressure on your stomach.
- 7. If you are overweight, lose weight. Being overweight places extra pressure on your stomach.
- 8. Sleep on your left side if possible.