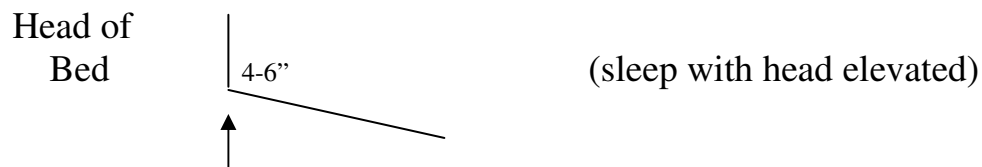


GASTROESOPHAGEAL REFLUX DISEASE

ANTI-REFLUX REGIMEN

1. Avoid peppermints, chocolates, citrus fruits, tomato products, very spicy or greasy foods, carbonated and caffeinated beverages, and alcohol.
2. Avoid eating large meals. Instead eat smaller, more frequent meals.
3. Avoid lying down immediately after meals.
4. Do not eat 2 to 3 hours before sleep.
5. Avoid wearing tight garments; i.e. girdles, abdominal binders, etc.
6. Elevate the head of the bed with 4-6” bricks under the bedpost.



7. If you smoke, stop.
8. If possible, avoid aspirin and medications such as ibuprofen, Aleve[®], and Motrin[®].
9. Don't exercise too soon after eating.
10. Reduce weight if too heavy.