



### **1. Bed Blocks**

Elevate the head of your bed 2 to 6 inches with wood blocks or bricks. Using extra pillows is NOT a good substitute. Use of a foam wedge beneath the upper half of the body is an alternative.

### **2. Avoid Foods If They Cause Symptoms**

Foods that may aggravate symptoms include: spicy and fatty foods, tomato and citrus juices (such as grapefruit and orange juices), chocolate, mints, coffee, tea, colas, and alcoholic beverages.

### **3. Do Not Lie Down for 2 Hours After Eating**

Allow gravity to work. Also, avoid bending over at the waist to pick up things; instead bend at the knees.

### **4. Stop Smoking**

If you cannot stop, decreasing the number of cigarettes you smoke may help.

### **5. Limit Coffee**

Limit coffee to 2 to 3 cups per day. Limiting consumption of other caffeine-containing beverages (tea, soft drinks) may also be helpful.

### **6. Avoid Tight Clothing**

Tight belts, tight pants or girdles can increase the pressure on the abdomen.

### **7. Antacids**

Antacids can be taken at bedtime and 30 to 60 minutes after each meal or as directed by your physician.

### **8. Eat Smaller Meals**

Don't overfill your stomach.

### **9. Lose Weight**

Excess weight increases the amount of pressure constantly placed on your stomach. Even small amounts of weight loss may help.