

Gastroesophageal Reflux Disorder (GERD) Precautions

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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.