

Heartburn, indigestion, throat discomfort, and hoarseness commonly result from the regurgitation of acid from the stomach up into the esophagus and even up into the throat. This is called acid reflux or GERD. The following suggestions may help you to avoid the need for a prescription medication to control your symptoms.

1. Eat dinner early. Go to bed with an empty stomach.
2. Avoid caffeine, carbonated beverages, and alcohol.
3. Limit consumption of spicy and acidic foods (e.g. tomatoes, orange juice, chilies), as well as onions and chocolate.
4. Use sodium free over-the-counter antacid medication made from calcium carbonate (e.g. TUMS) at meals and bedtime. Acid reducing over-the-counter medications may also be very helpful, such as famotidine (Pepcid), ranitidine (Zantac), omeprazole (Prilosec), or lansoprazole (Prevacid).
5. Elevate the head of the bed by placing 4 inch bricks or blocks under the front legs of the bed.
6. Weight loss can be very helpful if you are overweight.

If these measures are not effective, you should discuss a trial of prescription medication with your physician.

ARC ENT Locations

ARC Cedar Park Medical Plaza | 1401 Medical Parkway, Building B, Suite 200 | Cedar Park, Texas 78613 | 512-260-1581

ARC Far West Medical Tower | 6811 Austin Center Boulevard, Suite 300 | Austin, Texas 78731 | 512-346-8888

ARC Kyle Plum Creek | 4100 Everett, Suite 400 | Kyle, Texas 78640 | 512-295-1333

ARC Round Rock | 940 Hesters Crossing Road | Round Rock, Texas 78681 | 512-244-9024

ARC South 1st Specialty | 3816 South 1st Street | Austin, Texas 78704 | 512-443-1311