



Ear, Nose, and Throat (ENT)

*Head and Neck Surgery
Diseases of the Ears, Nose and Throat
Voice Disorders
Audiology and Hearing Aids
- Adult and Pediatric -*

INSTRUCTIONS FOR PATIENTS WITH GASTROESOPHAGEAL REFLUX DISEASE (GERD)

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.

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