



EAR, NOSE, THROAT AND SINUS CLINIC

505 Dunn Street
P.O. Box 66
Houma, LA 70361
PH: (985) 872-0423
FAX: (985) 872-6600

A Professional Medical Corporation
David L. Hagen, M.D.
Matthew G. Beyer, M.D.
Chad M. Simon, M.D.

1125 Audubon Ave.
Thibodaux, LA 70301
PH: (985) 448-1030
FAX: (985) 448-1033

GASTROESOPHAGEAL REFLUX

1. Elevate the head of your bed 4-12 inches with wood, cinder blocks or bricks.
2. Take an antacid in liquid form (Maalox, Gelusil) 30-40 minutes after meals and at bedtime.
3. If you are overweight, you should lose weight.
4. Avoid eating 3-4 hours before retiring to bed.
5. A bland diet divided into small meals is recommended. **Avoid aspirin, chocolate, sweets, citrus fruits and juices, highly spiced food, alcohol, tobacco, and caffeine-containing beverages such as coffee, tea, or colas.**
6. Do not chew or suck candies, gum, breath fresheners, lozenges.
7. Avoid tight fitting clothing across the midsection.
8. Use an acid reduction medicine (Pepcid, Zantac, Prilosec) on a regular basis as directed by your physician.