

# BEAUMONT



## Gastroenterology Services

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### **Lifestyle Changes to Improve Reflux Disease**

- ~ Avoid excess of stimulants: Caffeine or Tea
- ~ Avoid all soda and carbonated beverages as they will increase burping and favor reflux
- ~ Keep good sleeping pattern
- ~ Avoid large meals
- ~ Avoid large amount of chocolate especially at the end of a meal
- ~ Avoid lying down within 2 hours of eating
- ~ Avoid bending over after eating
- ~ Try to lose 10% of your body weight
- ~ Cut down on artificial sweeteners
- ~ Avoid sweets and processed food

Omeprazole and all PPI should be taken as soon as waking up from a nights sleep, possibly in the bedroom and wait 1/2 hour before eating. Place your medication on your night stand next to the alarm clock as a reminder with some water.

Zantac, Pepcis or Ranitidine are H2 Blockers and can be taken as rescue medications with or without food. The medication can be taken on top of Omeprazole on an as needed basis, carry them with you.