

PREVENTING GERD

| ✓ DO ✓ | ✗ AVOID ✗ |
|--|---|
|  <p data-bbox="306 787 1030 845">Eat smaller, more frequent meals</p> |  <p data-bbox="1256 787 1720 845">Smoking and alcohol</p> |
|  <p data-bbox="426 1251 918 1367">Sleep with your head and torso elevated</p> |  <p data-bbox="1364 1280 1601 1338">Caffeine</p> |
|  <p data-bbox="405 1753 933 1811">Chew gum after meals</p> | <p data-bbox="1332 1482 1623 1540">Acidic Foods</p> <ul data-bbox="1116 1545 1860 1984" style="list-style-type: none">• Fatty, spicy, or fried foods• Tomatoes and tomato products• Lemons• Carbonated beverages• Peppermint• Chocolate• Citrus fruit  |
|  <p data-bbox="340 2171 998 2301">Wait 2-3 hours after eating before lying down</p> | |

CONTACT YOUR DOCTOR FOR MEDICATION OPTIONS

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.



Source:

<https://www.asge.org/home/for-patients/patient-information/understanding-gastroesophageal-reflux-disease>