



## **TPMG Ear, Nose and Throat Specialists**

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## **LIVING WITH GERD (Gastroesophageal Reflux Disease)**

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### **Controlling the symptoms of heartburn due to GERD**

#### **EATING**

- Keep meal small and low in fat.
- Eliminate or cut down on some of the following foods:
  - caffeine containing foods such as coffee, tea, or cola
  - tomatoes, citrus fruits, milk, peppermint, spearmint, and chocolate
  - any food that upsets your stomach

#### **PERSONAL HABITS**

- Avoid or reduce use of:
  - cigarettes or any other tobacco product
  - alcohol
- Lose weight, if needed
- Avoid tight fitting clothing

#### **SLEEPING**

- Allow your food to digest for at least 3 hours before lying down.
- Raise the head of your bed with 4-6-inch blocks.

#### **MEDICATIONS**

- Take antacids and/or other GERD medication, as directed by your physician.
- Tell your doctor if you are taking any other medication(s).
- Take the full course of medications exactly as prescribed by your physician.