



QUEEN CITY

GASTROENTEROLOGY
& HEPATOLOGY

320 Lillington Ave, Suite 101

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Anti-reflux Lifestyle Modification

Modify your dietary habits to improve your gastrointestinal health

- Eat 5 small frequent meals rather than 3 large meals.
- Avoid high-fat foods. Fat can slow down or delay gastric emptying.
- Do not eat within 3 hours prior to going to bed.
- Avoid tight-fitting clothing.
- Lose weight if overweight.
- Do not exercise immediately after eating.
- Avoid late night snacks.
- Smoking and drinking alcohol can cause the lower esophageal sphincter muscle to relax, worsening heartburn.
- To reduce nighttime episodes of heartburn, elevate the head of your bed 4-6 inches. You can use books or bed blocks placed under the legs at the head of your bed.
- Some prescription medications can cause heartburn. Check with your doctor or pharmacist whether any of your medications can cause heartburn. Always check with your physician before discontinuing or changing any prescription medication.
- Over-the-counter medication can also be a cause of heartburn. Always inform your physician of the prescription and over-the-counter medications you are taking.

Avoid these foods which can contribute to heartburn

Chocolate	Onion
Fatty Meals	Peppermint and Spearmint
Coffee	Tomato based products
Alcohol	Citrus foods

If you have any questions, please contact the QCGH office at 704-362-4403