

Gastroesophageal Reflux Disease

To minimize reflux events:

- Eat small and frequent meals and snacks.
- Avoid large meals. Avoid greasy, fatty rich foods and specific trigger foods such as spicy foods, citrus containing foods, tomato based foods, caffeine, carbonated beverages, alcohol, chocolate, and/or dairy products.
- Consider Gaviscon or Esophageal Guardian.
- Weight loss may be beneficial in reflux.

To minimize nocturnal regurgitation:

- Eat earlier and a lighter dinner.
- Sleep with head and shoulders elevated. Using a wedge pillow may help nighttime symptoms.
- Avoid eating 3 hours prior to bedtime.
- Avoid drinking right before bedtime.

To minimize acid contents:

- Would recommend BID PPI to be taken 30 - 60 minutes prior to first and last meal of the day. PPI gets best absorbed on empty stomach and best activated upon eating.
- Proton Pump Inhibitors (PPIs) are associated with risks that include decreased calcium and magnesium absorption, certain types of infections, possible bone disease, and other diseases still being explored. We will address your needs to balance the benefits of the medication with the risks associated with the medication. Our goal is to use the least amount of medications to control your symptoms.