



EAST IDAHO EAR NOSE & THROAT

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TREATMENT PLAN FOR: Gastroesophageal & Laryngopharyngeal Reflux Disease

The lower esophageal muscle can be weakened by factors other than food. The following recommendations may be helpful in reducing symptoms:

- Stop using tobacco in all forms. Nicotine weakens the lower esophageal muscle.
- Avoid chewing gum and hard candy. They increase the amount of swallowed air which, in turn, leads to belching and reflux.
- Do not lie down for at least 3 hours after eating. Avoid late evening snacks.
- Avoid tight clothing and bending over after eating.
- Eat small, frequent portions of food, and snack if needed.
- Lose weight if overweight. Obesity leads to increased reflux.
- Elevate the head of the bed six to eight inches to prevent reflux when sleeping. Extra pillows, by themselves, are not very helpful.
- The following foods aggravate acid reflux, and should be avoided:
 - Fatty or fried foods
 - Peppermint and spearmint
 - Whole milk
 - Oils
 - Chocolate
 - Creamed foods or soups
 - Most fast foods
- The following foods irritate and inflame lower esophagus and may need to be limited/avoided:
 - Citrus fruits and juices (grapefruit, orange, pineapple, tomato)
 - Coffee (regular and decaffeinated)
 - Caffeinated soft drinks
 - Tea
 - Other caffeinated beverages
- Spicy or acidic foods may not be tolerated by some individuals.
- Taking 40 mg of Prilosec (Generic: Omeprazole) over-the-counter once a day about 45 minutes before a meal may also help with symptoms.