

## **GERD INSTRUCTIONS**

### **AVOID THE FOLLOWING FOODS:**

- High fat foods like butter, oil, salad dressing, fried foods, red meat, pizza
- Coffee and caffeinated drinks
- Beverages containing chocolate or cocoa
- Foods and beverages containing peppermint or spearmint oil
- Tomatoes, tomato juice, tomato puree
- Citrus juices like orange juice, grapefruit juice
- Pepper/spicy foods
- Alcohol

### **LIFESTYLE CHANGES FOR GERD:**

- Maintain ideal body weight
- Eat small meals
- Do not eat or drink anything for 2 hours before sleeping
- Avoid tight fitting clothes at the waist
- Elevate the head of the bed 6 inches or use a wedge to maintain the upper part of the body higher than the feet while sleeping
- Avoid smoking
- Avoid bending over after eating
- Sleep on the back or left side, avoid sleeping on the right side of the body