

References

Heartburn and regurgitation are common signs of reflux. When experienced often, these symptoms can affect your day-to-day lifestyle.

This brochure suggests easy changes to your everyday routines that may help you control your reflux without medication.



¹ Keung, C and Hebbard, G 2016, *The Management of Gastro-oesophageal Reflux Disease*, [Internet], National Prescribing Service.

² Mayo Clinic 2020, *Gastroesophageal Reflux Disease (GERD)*, [Internet], Mayo Clinic.

³ Rockafellow, S & Berardi, R 2009, *Self-Treatment Tips for Heartburn* [Internet], Pharmacy Times.

⁴ Hebbard, G 2020, *PPIs: Reviewing treatment for gastro-oesophageal reflux disease*, [Internet], NPS Medicine Wise.

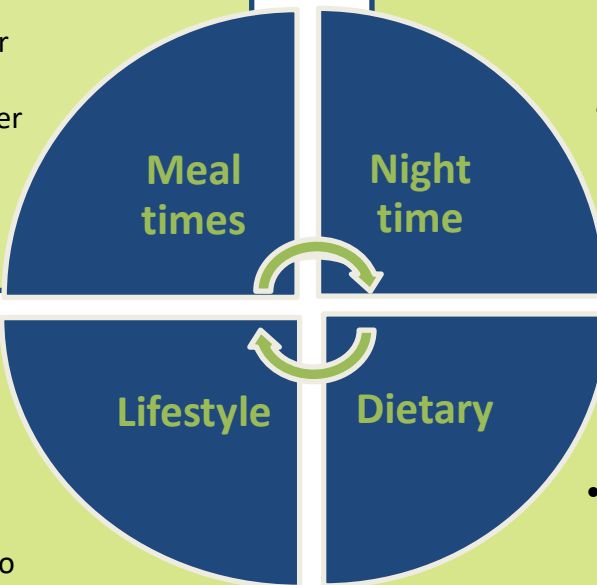
REFLUX AND YOU

Treating your symptoms of reflux without medication





- Eat food slowly and chew each mouthful thoroughly
- Eat smaller, more frequent meals
- Stay upright for at least an hour after meals
- Avoid exercise immediately after meals
- Drink fluids (e.g. water, milk) between meals rather than during meals



- Elevate the head of your bed by 15cm by using wood under the feet of the bed (at the head end) and/or a wedge between the frame and mattress to elevate your upper body
- Avoid eating for 3 hours before going to bed



- Keep a diary of what you eat and anything else that may trigger your reflux and learn to avoid these triggers
- Stop smoking
- Lose weight
- Avoid tight-fitting clothes when eating meals
- Request a medication review with your GP and/or pharmacist

- Avoid food and drinks that trigger your reflux. Common triggers include:
 - spicy, fatty or fried food
 - tomatoes and tomato sauces
 - chocolate
 - garlic and onion
 - caffeine, alcohol and carbonated beverages



For more information, contact your pharmacist today