

# Management of Gastroesophageal Reflux Disease

## **Suggested Lifestyle Modifications for Patients with GERD**

Avoid large meals.

Avoid acidic foods (citrus- and tomato-based products), alcohol, caffeinated beverages, chocolate, onions, garlic, and peppermint.

Decrease dietary fat intake.

Avoid lying down within three to four hours after a meal.

Avoid medications that may potentiate GERD symptoms, including calcium channel blockers, beta agonists, alpha-adrenergic agonists, theophylline, nitrates, and some sedatives.

Elevate the head of the bed 10 to 20 cm (4 to 8 inches).

Avoid wearing clothing that is tight around the waist.

Lose weight.

Stop smoking.