



The Surgical Institute  
at True North

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# Management of Gastroesophageal Reflux Disease (GERD)

**GERD (Gastroesophageal Reflux Disease) is treated according to the severity of the patient's symptoms. Treatment may include lifestyle and dietary modifications alone or in combination with reflux medications. Below is a list of lifestyle changes that have been clinically proven to decrease gastroesophageal reflux disease.**

## **Eating Habit Changes:**

- Avoid eating within 4 hours of bedtime
- Avoid nighttime snacks
- Eat while sitting up
- Eat smaller frequent meals
- Remain in sitting position 2-3 hours after eating
- Avoid aggressive weight loss and exercise programs

## **Sleeping Habit Changes:**

- Elevate the head of your bed by 6-8 inches
- Try not to sleep on your back
- If sleep apnea exists, have an evaluation by a trained physician

## **Clothing Lifestyle Changes:**

- Avoid clothes that are restrictive across the abdomen
- Avoid tight belts, garters, girdles, corsets, abdominal binders, hernia belts, or any other clothing that puts pressure across the abdomen

<b>Medication to avoid</b>	<b>Foods to avoid</b>	<b>Daily living changes</b>
Theophylline	Citrus juices	No alcohol
Calcium Channel Blocker Medications	Citrus fruits	No caffeine
Tricyclic antidepressants	Mint	Stop all tobacco
Anticholinergics	Chocolate	
Narcotic Pain Medications	Tomato juices or sauce	
Benzodiazapine	Spicy foods	
	Fried foods	
	Pizza	