



ENT

9411 North Oak, Suite 202
Kansas City, MO 64155

816.468.8820 | fax 816.468.8898

2750 Clay Edwards Drive, Suite 140
North Kansas City, MO 64116

916.594.0040 | fax 816.594.0044

REFLUX PRECAUTIONS

1. AVOID CAFFEINE:

This includes tea, coffee and chocolate. Caffeine reduces muscle tone in the esophagus which allows reflux of the stomach contents.

2. EAT EARLY

Avoid eating a meal within three (3) hours of bedtime. This allows the food to pass out of the stomach prior to lying down and therefore helps keep acidic stomach contents from entering the esophagus.

3. ELEVATE HEAD OF BED

Place the legs of the bed which support the head on bricks or 2x4s. The idea is to keep the esophagus above the stomach.

4. SUPPLEMENT WITH ANTACIDS

As recommended by your physicians.