

## Advice for Management of Gastro – Oesophageal Reflux

Eat small amounts regularly and avoid large meals

Decrease the fat content of your meals

Avoid or reduce caffeine (e.g. in Coffee and Tea and Colas)

Avoid Chocolate

If you smoke then stop

Do not lie down after food; leave a gap of 2 hours after eating before lying down

Avoid tight fitting clothes

Raise the head of the bed

Check if citrus fruits or tomatoes cause symptoms and avoid them if they do

Salad ingredients such as Cucumber, Onion and Lettuce may also cause problems for some patients

Complex Carbohydrate such as Potato, Rice, Bread and Pasta rarely cause any difficulty