

# ACID REFLUX DISEASE HEARTBURN HINTS



## MAKE THESE LIFESTYLE & DIETARY CHANGES

- Avoid fried and fatty foods (such as French fries and other fast-food items) and spicy foods
- Avoid chocolate (including candy bars, chocolate shakes, cupcakes, etc.)
- Avoid coffee, caffeine-containing beverages, and alcohol.
- Avoid citrus fruits and juices, tomato products (spaghetti sauce), and pepper
- Reduce your portions at mealtimes (less food in your stomach may mean less chance for reflux)
- Eat meals 2-3 hours before going to sleep
- Lose excess weight if you are overweight, it may lessen your symptoms
- Quit smoking (smoking weakens the valve between the esophagus and the stomach, increasing the chance for reflux)
- Raise the head of your bed with 6 inch blocks; gravity will help minimize reflux of stomach contents into the esophagus (Note: Do not use extra pillow to elevate your head . . . this can increase pressure on your abdomen)
- Avoid tight clothing and belts

Prevacid has a low occurrence of side effects including diarrhea (3.8%), abdominal pain (2.1%), and nausea (1.3%). For more information, please visit [prevacid.com](http://prevacid.com) and please see the complete prescribing information.

## FOLLOW THESE INSTRUCTIONS:

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