

NORTH BAY GENERAL SURGERY

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Gastroesophageal Reflux Disease

What is GERD?

Gastroesophageal reflux disease, also called GERD, is a condition where stomach fluid (acid) backflows or refluxes into the esophagus. This can irritate the esophagus causing heartburn or other signs.

Patient Instructions for GERD

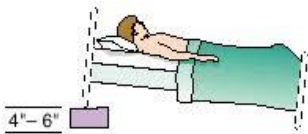
1. Avoid foods that cause symptoms:

Foods that may aggravate symptoms include: Spicy and fatty foods, tomato and citrus juices (such as grapefruit and orange juices), high sugar foods (including soft drinks), chocolate and mints.



2. Bed Blocks:

Elevate the head of the bed 4-6 inches with wood blocks or bricks. Alternatively, you can use a foam wedge beneath the upper half of the body. Using extra pillows is not recommended.



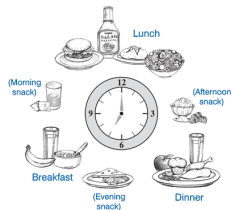
3. Maintain an Ideal Weight

Excessive weight increases the amount of pressure placed on your stomach. Even losing small amounts of weight can help.



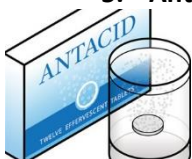
4. Eat Smaller Meals:

Eat smaller meals so you do not overfill your stomach. Try to eat 4-6 meals per day; or eat frequent healthy snacks.



5. Antacids:

Antacids can be taken at bedtime and 30-60 min after each meal or as directed by your physician



6. Do not lie down for 2 hours after eating:

Allow gravity to work. Also, avoid bending over at the waist to pick up things; instead bend at the knees.



7. Stop Smoking:

Try to quit smoking. If you need help to quit smoking, ask your physician and he can refer you to community resources. If you cannot stop, decreasing the number of cigarettes you smoke may help.



8. Limit Alcohol:

Avoid alcohol if you can; or limit the amount of alcohol consumed.



9. Limit Coffee and all Caffeinated Beverages:

Limit

tea) to 1-



coffee and caffeinated beverages (soft drinks, 2 cups per day

10. Avoid Tight Clothing:

Tight belts, tight pants and girdles can increase the pressure on the abdomen.

