

TREATMENT OF ESOPHAGITIS ANTI-REFLUX REGIMEN

Inflammation of the lower esophagus is caused by the acid bathing in the lower esophagus. The following aspects of treatment are

important:

1. Elevating the head of the bed by placing a 2 or 4 inch block under the headboard posts. You may use either concrete construction blocks, bricks or hard wooden blocks, such as railroad 2x4's.

** A foam rubber wedge placed between the mattress and springs is an alternative, but not as effective as bed elevation. Tire foam wedge should start at the top of your head and continue to the bottom of the buttocks. Merely using pillows will not suffice as this caused bending at the waist.

2. Use of antacids when symptomatic: liquid antacids should be taken one hour after meals and at bedtime as prescribed. Antacids should be kept at the bedside so they can be used upon awakening during the night. They should be taken at any time discomfort or heartburn occur. In addition your doctor may prescribe a medication to be used with or instead of antacids.

3. Lose excess weight. You should try to maintain your ideal body weight this will frequently prevent further symptoms.

4. Avoid tight clothing such as girdles or corsets.

5. Do not eat for two to three hours before going to bed. The same advice applies to naps. For daytime naps, it is best to nap in a chair or at least in your elevated bed. Avoid bending over which may be done in yard work or house work on a full stomach.

6. Cigarette smoking allows increased acid to get into your esophagus. Stop smoking is an important part of your treatment.

7. If there are particular foods, that cause your symptoms, you should avoid these. Caffeine containing beverages should be eliminated. Meals high in fat may aggravate the symptoms and therefore should be avoided.

8. All products containing alcohol, tomatoes, chocolate, citrus fruits (i.e. lemons, limes, oranges) should be strictly avoided.

9. No chewing gum.