

## Acid reflux.

Acid reflux is also known as indigestion, heartburn, or gastro-oesophageal reflux disease (GERD/GORD). It occurs when stomach acid moves back up into the oesophagus (food pipe). Symptoms can include:

- Burning chest pain
- Feeling like food is stuck in the throat
- Painful or difficult swallowing
- Sore throat, especially in the morning
- Hoarse or croaky voice

### Tips to reduce reflux

- ✓ Eat smaller meals more regularly.
- ✓ Have meals and drinks at separate times.
- ✓ Avoid tobacco and alcohol.
- ✓ Stay upright for at least 30 minutes after eating.
- ✓ Eat at least two hours before going to bed.
- ✓ Elevate the head of the bed by 15 – 20 cm by putting blocks under the bed legs or using a wedge under the mattress.
- ✓ Avoid tight clothing or belts around the stomach area.
- ✓ Talk to your treating team about medications for reflux.



### Foods and drinks

Certain foods may make reflux symptoms worse. These are some common trigger foods, but there is no need to avoid them if they aren't a problem. A food and symptom diary can help find patterns and figure out what triggers symptoms.

- High fat foods like fried chicken, creamy dishes or chips
- Caffeinated drinks like cola, tea and coffee
- Soft drinks and juices
- Chilli and pepper
- Citrus and tomato
- Chocolate
- Peppermint

