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**INSTRUCTIONS FOR PATIENTS WITH ACID REFLUX**

- 1. Avoid a tight belt around the abdomen.**
- 2. Do not bend at the waist. Bend your knees to pick up items off the floor.**
- 3. Most important -- if you are overweight, try to lose weight. Fatty tissue in the abdomen compresses the stomach.**
- 4. Avoid belching as this will bring stomach contents up into the esophagus. Belch only naturally - do not force.**
- 5. Drink liquids between meals rather than with meals. Volume in the stomach is an important factor in pushing stomach contents up into the esophagus.**
- 6. Heartburn is worse when the stomach is full of food. Therefore, eat no large meals, but rather smaller, more frequent meals, and eat no meals within four hours before bedtime.**
- 7. Avoid things that increase acid in the stomach, e.g.**
  - a) Caffeine (regular coffee, tea, soft drinks). It is okay to drink decaffeinated products.**
  - b) Aspirin or any product with aspirin. Use Tylenol for pain.**
  - c) Avoid consumption of alcohol.**
  - d) Avoid cigarette smoking.**
- 8. Put something in your stomach to neutralize the acid at least every 2 to 3 hours.**

**Use the following suggestions:**

  - a) Food - 1/2 meal at a time. Avoid fried, fatty, or spicy foods.**
  - b) Two antacids (Riopan, Gaviscon) tablets. (No prescription needed)**
  - c) Two teaspoons or 1 tablespoon of antacid liquid.**
- 9. If you wake at night with heartburn or have it immediately on lying down, you might consider raising the head of your bed by placing 6" wood blocks under the head of the bed.**