

Gastroenterologische Gruppenpraxis, Bern

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Spezialärzte für Innere Medizin, spez. Magen-Darm-Krankheiten

What can I do to reduce reflux?

- If overweight, lose weight
- Avoid tight clothing
- Limit the consumption of coffee, nicotine and alcohol (especially red and white wine)
- Avoid fatty foods
- Eat smaller meals. If necessary increase meal frequency rather than size
- Do not eat a full meal before going to bed
- Reduce your intake of coffee, black tea, peppermint, chocolate, tomato, coke, carbonated drinks and citrus fruit juices
- Some medicines can intensify acid reflux. Consult your GP. In some cases it may be possible to switch to less predisposing medication