

Gastroenterologische Gruppenpraxis, Bern

P.D. Dr. med. Hans Merki
Prof. Dr. med. Clive H. Wilder-Smith
Consultant Gastroenterologists

What can I do to reduce gastro-oesophageal 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 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