

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.