

# **UC DAVIS** *HEALTH SYSTEM*

## **REFLUX PRECAUTIONS UC DAVIS MEDICAL CENTER OTOLARYNGOLOGY HEAD AND NECK SURGERY**

### **NO**

**Alcohol  
Cigarettes  
Citrus fruit  
Chocolate  
Coffee  
Tea  
Caffeinated drinks  
Peppermint  
Spicy foods  
Aspirin (check with your Physician)**

**AVOID vocal strain  
AVOID high fat foods**

***Take your anti-reflux medications***

***Drink plenty of water***

***Low fat diet***

***Remember to do the following before going to bed:***

***NO bedtime snacks***

***NO less than 3 hours between dinner and bedtime***

***Elevate your head and torso while sleeping.***

***Use wedge pillows, blocks under head of bed or under mattress***

### ***ANTACID***

***(If your physician prescribes)***

***Take 2 tablespoons of antacid 1 hour after eating and before retiring for bed. (Preferably Gaviscon or Mylanta II)***