



**DEPARTMENT OF NUTRITION  
AND DIETETICS**

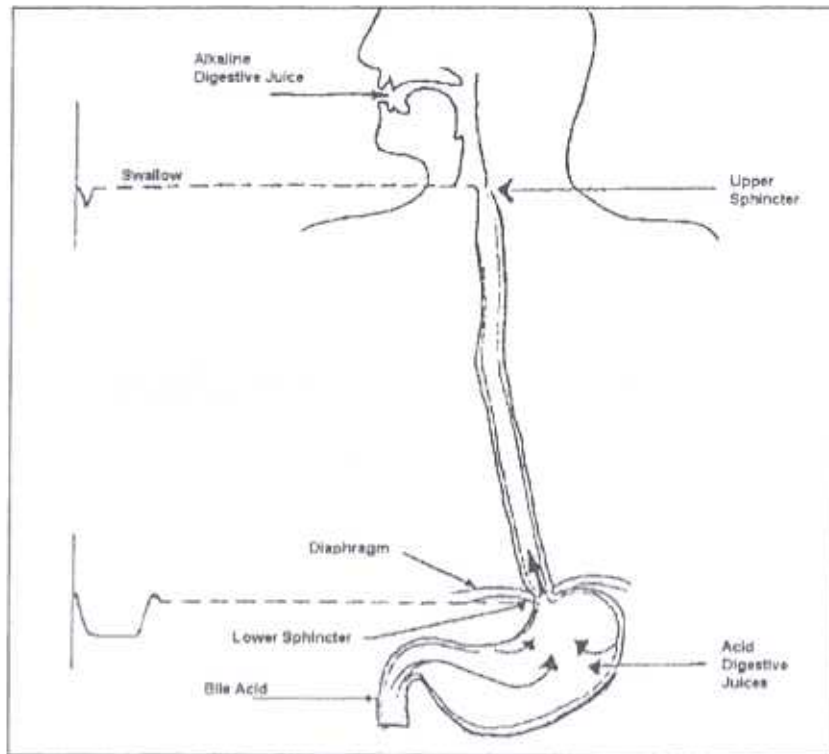
**CONTROL OF ACID  
REFLUX**

Produced by the Dietitians of Down Lisburn Trust.  
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*Lifelong Health & Care*

## CONTROL OF ACID REFLUX



THE SPHINCTERS ARE SMALL RINGS OF MUSCLE WHICH CLOSE TO PREVENT A REFLUX OF DIGESTIVE JUICES.

### AVOID

smoking	)	
fatty foods	)	They can relax the
chocolate	)	lower sphincter and
coffee	)	allow reflux to occur.
alcohol	)	

## ACID REFLUX

The aim of treatment is to prevent a reflux of acid digestive juices from the stomach.

### Ways to reduce pressure on the stomach

- ◆ The spine should be kept in a straight position. Instead of bending the back or stooping to reach down, bend the knees to lower your body.
- ◆ Avoid straining to lift heavy items.
- ◆ If you have pain at night, raise the head of the bed 9" on blocks. and have nothing to eat after 7.00 pm – until you are free of all symptoms.
- ◆ Make sure you relax in a suitable chair with a straight back to support the spine.
- ◆ Avoid wearing tight garments.
- ◆ Never eat food whilst sitting in a low chair.
- ◆ Constipation causes pressures to build up from below the stomach. Plenty of fibre in your diet will help to avoid this problem.
- ◆ Chew food thoroughly. The digestive juice in the mouth is alkaline. It should be well mixed through the food to start digestion and send an alkaline mixture down to the stomach
- ◆ Eat dry meals and don't wash food down with fluids.

MAKE CHANGES IN THE FOODS YOU EAT TO LOSE WEIGHT, SO THAT THERE IS NO LAYER OF FAT TO PUT PRESSURE ON THE STOMACH.