



Tips for patients with hiatus hernia, oesophagitis and reflux symptoms

In addition to any medication or treatment you may be taking, this leaflet offers some tips – some do’s and don’ts – to help manage your condition and reduce symptoms. If you have any queries please ask your doctor or clinic nurse.

Dos	Don’ts
<ul style="list-style-type: none">• Do stay upright as much as you can.• Do prop up the head of your bed by about 4 inches – e.g. put a house brick under each bed leg at the head end.• Do eat small, frequent meals.• Do eat foods you know will agree with you.• Do try a weight loss diet if you are overweight.• Do take your medicine regularly as instructed by your doctor.	<ul style="list-style-type: none">• Don’t stoop, bend or lie down if you can avoid it.• Don’t prop yourself up with pillows – if you slip down, this could make things worse.• Don’t eat large meals or late meals (i.e. 4 hours before bedtime).• Don’t eat very hot, very cold or very spicy food, fatty foods, chocolate, sugar, onions, cucumber, and avoid coffee and alcohol.• Don’t wear tight fitting clothes, corsets etc.• Don’t smoke. Smoking can definitely make your condition worse.

Contacting us

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RBFT ENT Department, January 2026. Next review due: January 2028.