

Tips for patients with hiatus hernia, oesophagitis and reflux symptoms

Introduction

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

- Do stay upright as much as you can.
- Do prop up the head of your bed by about 4 inches – e.g. put a housebrick 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.

Don'ts

- 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.

How to contact us

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This document can be made available in other languages/formats upon request.

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