Dietary & Lifestyle Advice for Gastro-Oesophageal Reflux, Hiatus Hernia, Oesophagitis and Heartburn

Information for patients, relatives and carers

For more information, please contact:

Department of Nutrition and Dietetics

Scarborough Hospital
Tel: 01723 342415
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The York Hospital
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Wigginton Road, York, YO31 8HE

Caring with pride
Caring about what we do ● Respecting and valuing each other
Gastro-oesophageal reflux, hiatus hernia, oesophagitis, or heartburn can cause symptoms such as:

- a burning sensation in the middle of your chest
- an unpleasant sour taste in your mouth, caused by stomach acid
- a cough or hiccups that keep coming back
- a hoarse voice
- bad breath
- bloating and feeling sick
The following changes to your lifestyle and diet, together with taking any medicines prescribed by your doctor as directed, may help with symptoms and provide additional health benefits

- Try to lose weight if you are overweight as this can reduce pressure on your stomach.
- Eat smaller, more frequent meals, avoid large meals.
- Reduce alcohol and caffeine.
- Avoid foods known to cause symptoms. These may include:
  - Spicy and fatty foods
  - Chocolate
  - Carbonated drinks
  - Peppermint
- If you have any symptoms at night, try raising the head of the bed by 10-20cm and avoid anything to eat or drink for three to four hours before retiring.
- If you smoke, try to cut down (for further support speak to your GP or contact NHS Smoke free www.nhs.uk/smokefree or telephone 0300 1231044).
- Try to relax, as stress can make symptoms worse.
- If your symptoms do not settle with these lifestyle changes and/or medicines, or if you have other symptoms such as food getting stuck in your throat, frequently being sick or losing weight when you are not trying to then you should see your GP.
Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
Mrs Heidi Seaward, Office Manager, Nutrition and Dietetic Department, Scarborough Hospital
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Tel: 01723 342415 or email heidi.seaward@york.nhs.uk

Teaching, Training and Research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.
Space for your notes

You may find it helpful to write down any lifestyle changes you make or medications you take and any changes in your symptoms you notice after changes to these.
Listening in order to improve • Always doing what we can to be helpful

Space for your notes
Providing care together in York, Scarborough, Bridlington, Malton, Selby and Easingwold communities

Please telephone or email if you require this information in a different language or format

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