



York Teaching Hospital
NHS Foundation Trust

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

Information for patients, relatives and carers

① For more information, please contact:

Department of Nutrition and Dietetics

Scarborough Hospital

Tel: 01723 342415

Woodlands Drive, Scarborough, YO12 6QL

The York Hospital

Tel: 01904 725269

Wigginton Road, York, YO31 8HE

Contents	Page
Symptoms	3
How you can ease heartburn and acid reflux yourself ...	4
Space for your notes	6
Tell us what you think of this leaflet	7
Teaching, training and research.....	7
Patient Advice and Liaison Service (PALS).....	7
Leaflets in alternative languages or formats	8

Symptoms

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

How you can ease heartburn and acid reflux yourself

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.

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.

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:
Admin Team, Nutrition & Dietetic Department, York Hospital, Wigginton Road, York YO31 8HE, telephone 01904 725269, or email nutrition&dietetics@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.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: access@york.nhs.uk

Owner	Alison Longbottom, Advanced Clinical Specialist Dietitian
Date first issued	September 2003
Review Date	November 2023
Version	5 (issued November 2020)
Approved by	Department of Nutrition and Dietetics
Document Reference	PIL 1007 v5

© 2020 York Teaching Hospital NHS Foundation Trust. All Rights reserved