

# Care for Heartburn (Reflux Esophagitis)

## Rest

- Elevate the head of your bed on 4- to 6-inch blocks.
- Avoid lying down after you eat.
- Avoid eating three hours before bedtime.

## Medicine

- Take an antacid one hour after a meal and at bedtime. You may take more doses as needed. Take Alternagel® or Aludrox® for diarrhea.
- Avoid any product that contains aspirin.
- Medicines you are taking: \_\_\_\_\_

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## Diet

- Avoid caffeine, alcohol and chocolate.

## Other

- Avoid wearing clothing that is too tight around your abdomen.