Patient _____

To prevent heartburn:

- ☐ **Stay away from food and drinks that can cause acid reflux:**
  - o Chocolate
  - o Citrus fruits
  - o Tomatoes
  - o Coffee
  - o Alcoholic beverages
- ☐ **Maintain a healthy weight.**
- ☐ **Stop or decrease smoking.**
- ☐ **Don't lie down for 2-3 hours after eating.**
- ☐ **Avoid tight-fitting clothes.**
- ☐ **Elevate the head of your bed with blocks or phone books.**

Balanced data about medications

To treat your heartburn when it flares:

☐ **Drink a large glass of milk or water. This often brings relief – and it's nearly free!**

☐ **Take an antacid for relief in 5 – 15 minutes. This will cancel out the "burn" of acid in the stomach.**

- Some antacids are Tums, Rolaids, Maalox, and Mylanta; many generics (store brands) work just as well.
- Liquid antacids may provide relief more quickly.

☐ **Try an H_2 blocker for relief in about 1 hour. These drugs reduce acid made in the stomach.**

- Some H_2 blockers are ranitidine (Zantac), famotidine (Pepcid), and cimetidine (Tagamet).

☐ **If you do not get relief from these suggestions, see your doctor.**

☐ **Other** _____

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Physician's signature_____