

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.



iDiS Independent Drug
Information Service

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

- Try an H₂ blocker for relief in about 1 hour. These drugs reduce acid made in the stomach.**
 - Some H₂ blockers are ranitidine (Zantac), famotidine (Pepcid), and cimetidine (Tagamet).

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

- Other** _____

*Physician's signature*_____