

Precautions for Patients with GERD (Acidity)

1. To have dinner 3 hours before bedtime.
2. To drink plenty of water
3. Avoid caffeinated drinks especially at night.
4. Avoid spicy, oily food. Best is home prepared food.
5. Don't skip breakfast.
6. Avoid tight fitting Garments especially tight belts around waist.
7. Keep stress at bay
8. Keep head End of Bed elevated by keeping a 6'' wooden block under the head end of cot on either side.