



**PEDIATRIC
ASSOCIATES
OF KINGSTON**

Taking Exceptional Care of the
Next Generation since 1967



**BREASTFEEDING
CENTER**

Date: _____

Gastroesophageal Reflux Education Sheet

Patient Name: _____ DOB: _____

- **Causes**
 - Increased body weight causes increased pressure on the abdomen
 - Diet
 - Processed foods
 - Fatty foods
 - Foods high in sugar
 - Eating too fast
 - Eating late at night and then lying down
- **Symptoms**
 - Burning in the middle of your chest usually 1-2 hours after eating
 - Asthma exacerbations
 - Cough which you cannot figure out the cause
- **Non-pharmacologic treatment**
 - Diet
 - Fiber
 - Increasing dietary fiber helps the stomach empty faster
 - Plant based diet is the best way to increase fiber
 - Fiber supplements can also help
 - Decrease the amount of processed food consumed
 - Decrease amount of spicy foods consumed
 - Decrease greasy, fried, fatty foods
 - Eat slower during meals
 - Do not eat after 6 pm
 - Wear loose non constricting clothing
 - Exercise
 - Take a walk after you eat