

# Tips for patients with hiatus hernia, oesophagitis and reflux symptoms

In addition to any medication or treatment you may be taking, this leaflet offers some tips – some do’s and don’ts – to help manage your condition and reduce symptoms. If you have any queries please ask your doctor or clinic nurse.

Dos	Don'ts
<ul style="list-style-type: none"> <li>• Do stay upright as much as you can.</li> <li>• Do prop up the head of your bed by about 4 inches – e.g. put a housebrick under each bed leg at the head end.</li> <li>• Do eat small, frequent meals.</li> <li>• Do eat foods you know will agree with you.</li> <li>• Do try a weight loss diet if you are overweight.</li> <li>• Do take your medicine regularly as instructed by your doctor.</li> </ul>	<ul style="list-style-type: none"> <li>• Don't stoop, bend or lie down if you can avoid it.</li> <li>• Don't prop yourself up with pillows – if you slip down, this could make things worse.</li> <li>• Don't eat large meals or late meals (i.e. 4 hours before bedtime).</li> <li>• Don't eat very hot, very cold or very spicy food, fatty foods, chocolate, sugar, onions, cucumber and avoid coffee and alcohol.</li> <li>• Don't wear tight fitting clothes, corsets etc.</li> <li>• <b>Don't smoke.</b> Smoking can definitely make your condition worse.</li> </ul>

## Contacting us

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**Please ask if you need this information in another language or format.**

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