

Acid Reflux Therapeutic Recommendations

1. Elevation of the head of your bed on six inch blocks or support.
2. Infants: Buy a crib that can be elevated or use supports or six inch blocks to elevate.
3. Infants should also remain in the upright position for two hours after feeding.
4. Adults: avoid lying down after meals and allow at least 3 hours between eating a meal and going to bed or reclining.
5. No large glasses of water 3 hours prior to bed. Small sips are ok.
6. Avoid large excessive meals. Eat small, frequent meals.
7. Avoid late night meals and snacks.
8. If needed, begin a weight loss program to obtain your ideal body weight.
9. Avoid tight, restrictive clothing.
10. Avoid squatting or excessive bending over.
11. Quit smoking!
12. Reduce or stop alcohol use.
13. Avoid non-steroidal anti-inflammatory agents (NSAIDS) ex: Advil, Motrin and Aspirin.

Medical Therapy

1. Proton Pump Inhibitors (PPI's) are currently considered the standard of care in reflux therapy. For example, Prevacid 15-30mg once-twice daily is effective in treating long term extra esophageal symptoms of the throat. This type of therapy may be recommended for six months or longer. Other PPI's include Prilosec, Nexium and Aciphex.
2. Antacids are considered the mainstay of GERD therapy. Antacids (Roloids, Mylanta) should be taken one hour after eating and at bedtime.
3. Gaviscon (alginic acid) 4x per day after meals. It is not an antacid, but is effective in protecting the esophagus.
4. H2 antagonists: Tagamet 200mg, Zantac 75mg, Axid 75mg or Pepcid AC 10mg twice daily.
5. As a last resort, surgery (fundoplication or vagotomy) may be required to improve the symptoms of GERD.

De-escalation of PPI therapy

Once you have your symptoms under control it is important to wean off medication and not stop right away to avoid rebound symptoms.

If taking Prilosec 40mg once per day- start Zantac twice per day for one month, then Zantac as needed.

If taking Prilosec 40mg twice a day-Take Prilosec once in the morning and start Zantac at night for 1 week, then stop Prilosec and go to Zantac twice a day for one month, then take Zantac as needed.