

For a free information kit call toll free
888-558-ACID

For patients with Acid Reflux Disease

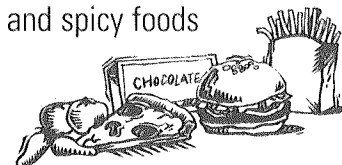
Heartburn Hints

Follow these instructions:

Make these lifestyle & dietary changes:

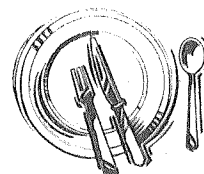
Avoid fried and fatty foods (such as french fries and other fast-food items) and spicy foods

Avoid chocolate (including candy bars, chocolate shakes, cupcakes, etc.)



Avoid coffee, caffeine-containing beverages, and alcohol

Avoid citrus fruits and juices, tomato products (spaghetti sauce), and pepper



Reduce your portions at mealtimes (less food in your stomach may mean less chance for reflux)

Eat meals 2–3 hours before going to sleep



Lose excess weight if you are overweight, it may lessen your symptoms

Quit smoking (smoking weakens the valve between the esophagus and the stomach, increasing the chance for reflux)

Raise the head of your bed with 6-inch blocks; gravity will help minimize reflux of stomach contents into the esophagus (Note: Do not use extra pillows to elevate your head...this can increase pressure on your abdomen)



Avoid tight clothing and belts



Prevacid has a low occurrence of side effects including diarrhea (3.8%), abdominal pain (2.1%), and nausea (1.3%). For more information, please visit www.prevacid.com and please see the complete prescribing information.

