

Patient Name: _____

Date: _____

Diet for Eliminating Gas and Acid Producing Foods And Instructions to Limit Reflux Symptoms

- No late night meals: Eat supper before __5:30__6:30 pm. No late night snacks that contain fat, grease, oil or high protein. May have non-citrus fruit, crackers or vegetables if taken 60- 90 minutes before bedtime.
- Do not have more than 1 serving of salad at supper.
- Do not drink more than __oz of fluid during mealtime.
- Avoid foods that you know cause reflux problems (e.g. pizza or spicy food)
- __No citrus; __Maximum of 4oz of citrus juice per day. (Orange, lemon, grapefruit). **No apple juice.**
- OK to drink white grape juice, pear or peach juice.
- No caffeinated or acid beverages including coffee, tea, iced tea, caffeinated soda. No decaffeinated tea or coffee (These still contain acidic components and small amounts of caffeine.)
- No soda of any kind unless stirred to remove all gas (caffeine not permitted)
- No broccoli, cabbage, beans, cauliflower, tomato juice/soup
- No Lactose containing milk. Lactaid (lactose free milk) OK. If having products with milk as a minor ingredient (e.g. pancakes, baked goods with milk) or hard cheese, take 1-2 Lactaid Ultra or chewable tablets. (note- this only removes about 60% of the lactose present)
- Sit on the toilet three times a day for five minutes and try to pass out any excess gas or stool. The best time is 5-10 minutes after meals.
- __Prilosec (Omeprazole) OTC-20mg; __Nexium-24; __Pepcid 10mg; __Pepcid 20mg. __mL Mylanta Tonight __time(s)/day

Other instructions:
