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**Reflux Precautions**

1. No late eating (3 hours before lying down)
2. Avoid caffeine, alcohol, peppermint, chocolate, cigarettes, milk products or carbonated beverages. Avoid ibuprofen/NSAIDs-Tylenol is ok.
3. Sleep with head of bed elevated-4 to 6 inches
4. Do not over-eat; eat moderate amounts of food
5. Watch your weight-being overweight increases intra-abdominal pressure which can aggravate reflux
6. Don’t exercise too soon after eating
7. Take medications as directed