Patient education
GASTROESOPHAGEAL REFUX / PEPTIC-ACID DISEASE FOR CHILDREN

POSITIONING
-Optimal position is sitting upright or standing while awake
-Elevation of the head of his/her bed by 20-30° decreases refluxes
-Sleeping in prone or right-side down lateral position helps gastric emptying and reduces refluxes

LIFESTYLE:
-Do not exercise immediately after eating, and do not lie down right after you eat
-Fasting 2-3 hours before bed time decreases refluxes
-Weight reduction in obese children is recommended

AVOID:
-Large meals (eat smaller meals)
- Spicy foods
- Onions
- Peppermint, spearmint (including chewing gums)
- Fatty foods (slower gastric emptying)
- Acidic foods/drinks
- Citrus juices (orange, lemon) (the fruit, orange is allowed)
- Apple juice (the fruit, apple is allowed)
- Carbonated beverages (all sodas!)
- Caffeine-containing beverages (including teas)
- Tomato products (ketchup etc)
- Chocolate

OTHERS:
-Avoid smoke exposure ("passive smoking")
-Avoid tight clothing and any pressure on the stomach

MEDICATIONS
-Omeprazole (Prilosec), Esomeprazole (Nexium), Lansoprazole (Prevacid), Pantoprazole (Protonix), Rabeprazole (Aciphex) should be given when the stomach is empty, 20-30 minutes before meals.
-Ranitidine (Zantac), Famotidine (Pepcid): If there is nighttime pain give the last dose just before bedtime. If it is prescribed 3-times a day, give the second dose after school/afternoon. Give it 15-20 minutes before meals.
-Sucralfate (Carafate): should be given when the stomach is empty. It covers inflammation, erosions or ulcers and prevents the acid to cause pain
-Antacids (Maalox, Mylanta, etc): normal strength. They bind the acid. Best to give them 2-3 hours after eating. If there is nighttime pain give a double dose at bedtime.
-Reglan and Bethanechol: give them 20-30 minutes before meals;

WARNINGS
-Do not give together antacids with ranitidine, omeprazole or lansoprazole
-It is advisable not to take other medications 1 hour before or after sucralfate.
-Patients with kidney problems cannot take sucralfate, maalox, gaviscon, basaljel, amphojel without discussing it with their physician.