

## Patient education

### GASTROESOPHAGEAL REFLUX / 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 *bedtime* decreases refluxes
- Weight* reduction in obese children is re commended

#### 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, amphotojel* without discussing it with their physician.