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 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), 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.

-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, baseljal, amphojel without discussing it with their physician.