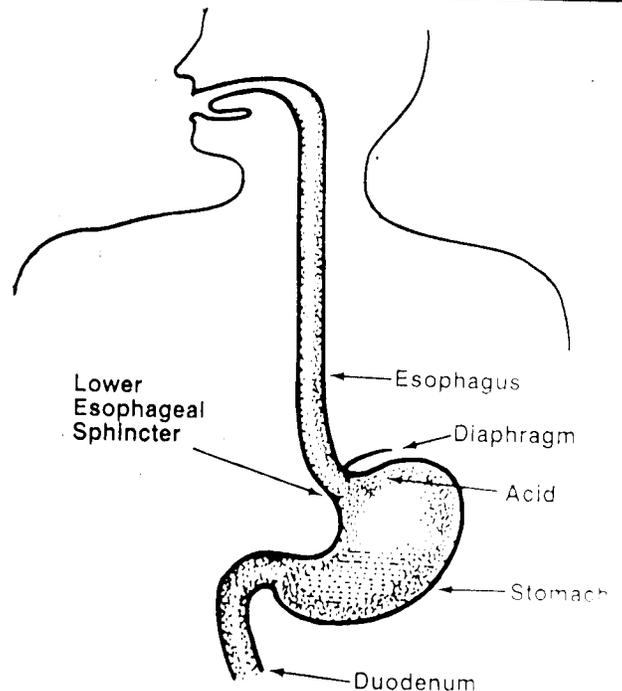


REFLUX ESOPHAGITIS

What does this mean to me?

What is it?

Reflux esophagitis is inflammation of the esophagus (swallowing tube) caused by acid backing up from the stomach into the esophagus and irritating it. This can cause heartburn, difficult or painful swallowing, hoarseness, or bleeding. It can also lead to narrowing of the esophagus.



What's my goal in treatment?

The goal of treatment is to keep stomach acid and other irritating substances out of the esophagus. Treatment allows healing of the damaged esophagus and prevents further damage.

What steps can I take to feel better?

Turn the page for simple lifestyle change suggestions.

Provided as a service by:

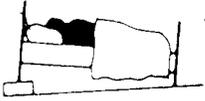


ASTRA MERCK

Some patients find that some or all of the following suggestions are helpful in reducing or preventing reflux. Consult with your doctor to determine which of these measures may be appropriate for you.

Reflux Esophagitis - Patient Instructions

1. Bed Blocks



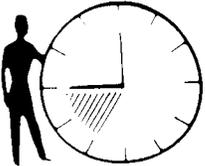
Elevate the head of your bed 2-6 inches with wood blocks or bricks. Using extra pillows is NOT a good substitute. Use of a foam wedge beneath the upper half of the body is an alternative.

2. Avoid Foods That Cause Your Symptoms



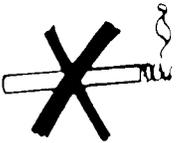
Foods to avoid are: spicy and fatty foods, tomato and citrus juices (such as grapefruit and orange juices), chocolate, mints, coffee, tea, colas, and alcoholic beverages.

3. Do Not Lie Down for 2 Hours After Eating



Allow gravity to work. Also, avoid bending over at the waist to pick up things; instead bend at the knees.

4. Stop Smoking



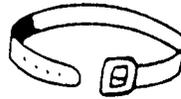
If you cannot stop, decreasing the number of cigarettes you smoke may help.

5. Limit Coffee



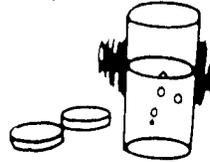
Limit coffee to 2-3 cups per day. Limiting consumption of other caffeine-containing beverages (tea, soft drinks) may also be helpful.

6. Avoid Tight Clothing



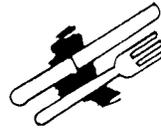
Tight belts, tight pants or girdles can increase the pressure on the abdomen.

7. Antacids



Antacids can be taken at bedtime and 30-60 minutes after each meal or as directed by your physician.

8. Eat Smaller Meals



Don't overfill your stomach.

9. Maintain Your Ideal Weight



Excess weight increases the amount of pressure constantly placed on your stomach. Even small amounts of weight loss may help.

Notes:
