Indigestion, Reflux and Heartburn

If you suffer from indigestion, reflux or heartburn, these ideas may help you avoid pain after eating. If your symptoms don’t improve or you have reflux or heartburn often, see your doctor.

Try these ideas to help relieve your symptoms:

* Relax during and after meals.
* Chew food well and don’t rush eating.
* Try having six to eight small meals each day, rather than three large ones.
* Have your drinks between meals, instead of having them with meals. Drinking plenty of fluid is important, because constipation can make heartburn worse.
* Raise the head of your bed by about 10 centimetres or use a wedge pillow if you have symptoms at night.

Here are a few things to avoid if you have reflux:

* Fatty, spicy or seasoned food can make reflux worse.
* Lying flat after you eat or drink. Try waiting 2-3 hours before going to bed after you eat or drink. Alcohol and caffeine can make reflux or heartburn worse. Drink less coffee and alcohol to relieve symptoms. Smoking also doesn’t help.
* Tight fitting clothes or belts can make reflux more uncomfortable, choose looser clothes.

*Updated August 2019*