

Patient: _____

More than **1/4** of Canadians have symptoms caused by the acid in their stomach. Symptoms can include heartburn, indigestion, bloating and a feeling of fullness.

Whether or not you have been prescribed a medication, there are things you can do that may help reduce your symptoms.

- Avoid foods that worsen your symptoms, such as:
 - coffee
 - alcohol
 - chocolate
 - overly spicy or high-fat meals
 - acidic foods (e.g., tomatoes, lemons)
 - carbonated beverages
- Do not lie down for 2 to 3 hours after eating
- Do not wear tight-fitting clothing
- Stop or reduce the amount you smoke
- Elevate the head of your bed using blocks or books
- Eat smaller meals and chew food well
- Lose weight if appropriate

For full project information: www.cadth.ca

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If your symptoms are mild or only occur once in a while, you may not need to take regular prescription medication.

You can treat your symptoms whenever they occur using medications available **without a prescription** at your local pharmacy. There are two types of products you can use:

Products That Neutralize Acid

Liquid or tablets (eg. Gaviscon[®], Maalox[®], Tums[®])

- Works fast (5 to 15 minutes), lasts for 1 to 2 hours
- Pennies per dose, especially using store brand antacids

Products That Stop Acid Production

Zantac[®], Pepcid[®] or generic ranitidine or famotidine

- Takes ~ 1 hour for effect, lasts for up to 12 hours
- Can cost as little as 25 cents per dose

Consult with your **Pharmacist** for the best option for you

If your symptoms don't go away within 2 weeks,
or if they get worse: **Contact Your Doctor**

Doctor Signature: _____

Pharmacist Signature: _____