

Rabeloc - Heartburn Diet Tips

You experience acid reflux when the acid in your stomach flows backwards into your esophagus. This causes irritation in your chest, commonly known as heartburn. It is one of the most common health conditions people face globally.

One of the reasons that you might experience acid reflux is when your lower esophageal sphincter (LES) gets weak or damaged. Normally, LES closes to prevent food in the stomach from flowing in the upwards direction into the esophagus.

Other reasons may include the choice of food that affects the amount of acid in your stomach. Having the right kind of diet is the key to control acid reflux or gastroesophageal reflux disease - a severe chronic acid reflux condition.

Food Items that trigger acid reflux

Most common food items that cause heartburn are:

- Ketchup and mustard
- Fried and fatty foods
- Vinegar
- Mints
- Tomatoes and tomato sauces
- Garlic
- Raw onions
- Chocolate
- Citrus fruits or juices
- Spicy foods

Diet tips to prevent heartburn

1. Maintain your food journal to keep a track of food that triggers heartburn, frequency and intensity of heartburn
2. Prevent taking nap or lying down after your meal. Try sitting up for at least an hour after done eating
3. Avoid high fat, large meals
4. Eat smaller meals instead of 3 big meals
5. Avoid physical activity while eating. Sit peacefully and enjoy your meal
6. Try to finish your meal slowly
7. Avoid late evening snacks or eating before bed

Lifestyle changes to prevent heartburn

Changing a few habits not only prevents heartburn but also enhances your health. Here are a few lifestyle changes that you must follow:

1. Avoid CATS - Caffeine, Alcohol, Tobacco and Stress
2. Limit or avoid caffeine usage to improve the symptoms
3. Limit or avoid alcohol drinking, smoking or chewing tobacco or using any toxic substances
4. Try stress management techniques to manage stress
5. Try participating in physical activities or meditation programs to manage stress
6. Avoid wearing tight fitting clothes around your abdomen
7. Manage your weight
8. Take a walk for 15-20 mins after your main meals
9. Sleep on your left side. Avoid sleeping on your right side
10. Use extra pillows to elevate your head and prevent reflux while sleeping.

Try these few tips to ease the symptoms or prevent triggers of heartburn.

References:

<https://www.pepcid.com/understanding-heartburn/heartburn-diet-tips>

http://www.healthsystem.virginia.edu/docs/per/diet-tips-for-gastroesophageal-reflux-disease-gerd/handout_view_patient/@@getDocument

Rabeloc Tablet Indications

- Gastric and duodenal ulcers
- Gastro-oesophageal reflux disease
- Helicobacter pylori infection
- Zollinger-Ellison syndrome

Rabeloc IV Indications

- Upper gastro-intestinal bleeding
- Acid-aspiration during surgery
- Stress-induced mucosal injury
- Short-term treatment of gastric and duodenal ulcers
- Gastro-oesophageal reflux disease (GERD)
- Alternative to oral PPI therapy



Indications may vary as per the country, please refer to the PI or regulatory guidelines.