



Département d'orthophonie | Speech-Language Pathology Department

Recommendations to Help Control Acid Reflux

If the doctor has prescribed medication to control the reflux, it is recommended to respect the dosage – (take the recommended dosage at the right time of the day for the prescribed duration).

- **Avoid specific food, such as:**
 - Acidic food (e.g. tomatoes, oranges, pineapple)
 - Mint or food containing it (e.g. gum, menthol lozenges.)
 - High-fat food (e.g. fries or dishes containing fried food)
 - Chocolate or food containing it
 - Coffee or products containing it
 - Spicy food
 - Soft drinks
- **Eat smaller meals.**
- **Avoid eating 2 to 3 hours before lying down or going to bed.**
- **If possible, elevate the head of the bed** by putting blocks or books under the legs of the bed. The child's chest should be higher than their stomach. If this is not possible, the child can sleep with their chest higher than the rest of their body by placing pillows under their head and chest.