

## ACID REFLUX PRECAUTIONS

ACID REFLUX can be a possible cause of a voice disorder or throat irritation. Acid reflux is a disorder where acid from your stomach is abnormally spilled over onto your voice box after eating, during sleep, or even during singing. Acid reflux causes irritation and inflammation to your vocal folds and should be avoided and treated by changing eating habits, changing lifestyle, and taking medication (if prescribed by your doctor).

### **CHANGING EATING HABITS**

- Avoid “trigger” foods. Certain foods and drinks can trigger acid reflux.
  1. Caffeine- in coffee, tea, chocolate, sodas
  2. Carbonated beverages
  3. Mint and menthol
  4. Fatty/fried foods
  5. Citrus fruits
  6. Tomato products
  7. Spicy foods
  8. Alcohol
- Drink 8 glasses of water per day (64oz)

### **CHANGING LIFESTYLE HABITS**

- Stop smoking
- Avoid clearing your throat
- Allow 3 hours between last big meal and going to bed at night
- Keep yourself upright for one hour after you eat
- Elevate the head of your bed using 6-inch blocks under the head of the bed or a bed wedge between the box spring and the mattress.
- Eat small meals throughout the day rather than 3 big meals
- Eat slowly
- Wear loose clothing

### **TAKING MEDICATION**

- If prescribed one time a day, take 15-30 minutes before breakfast
- If prescribed two times a day, take 15-30 minutes before breakfast and 15-30 minutes before dinner

### **CHANGING THE WAY YOU USE YOUR VOICE-** “Best voice/ Least effort”