

# Reflux Relief SOS Card™

When burning, pressure or sour-tasting reflux flares, begin with a few gentle steps.



## Pause.

Sit upright, loosen tight clothing and give your stomach room.



### 1 Stay Upright

Sit or stand comfortably. Avoid lying flat or bending forward after eating.

**Try:** keep your upper body elevated if symptoms happen near bedtime.



### 2 Take a Gentle Walk

Slow movement may feel more comfortable than sitting compressed after a meal.

**Try:** walk at an easy pace without vigorous exercise.



### 3 Sip Slowly

Small sips of water may help clear an irritating taste without overfilling your stomach.

**Try:** sip rather than drinking a large amount quickly.



### 4 Give Digestion Time

Pause additional food while you feel overly full or uncomfortable.

**Try:** wait until your stomach feels settled before eating again.



### For the Rest of Today

- ☐ Choose smaller, lighter meals.
- ☐ Eat slowly and stop before overly full.
- ☐ Stay upright for 2 to 3 hours after eating.
- ☐ Notice whether a food, drink or large portion preceded the flare.



### Common Triggers to Notice

Large or late meals, alcohol, caffeine, chocolate, mint, spicy foods, acidic foods and high-fat meals may bother some people.



### Martine's Midlife Wellness Tip

Look for your own repeated triggers. You may not need to avoid every food commonly associated with reflux.



### Get Medical Help

Call emergency services for new or severe chest pressure, shortness of breath, sweating, faintness, or pain spreading to the arm, back, neck or jaw. Seek medical guidance for trouble swallowing, vomiting blood, black stools, unexplained weight loss or frequent reflux.