

Regional Specialists Tamworth ENT Clinic

Laryngopharyngeal Reflux

- Caused by small amounts of acid or non-acid reflux from the stomach refluxing into the back of the throat

TREATMENT

- Try to stop clearing the throat – sip water instead
- Sip water during the day
- Reduce and/or stop smoking
- Weight reduction
- Small meals at night time and no food for 3 hours prior to sleep
- Nexium 24 hrs 20mg for 3 months at dinner time (no script required)
- Liquid Gaviscon just prior to sleep
- Reduce – fatty foods, spicy foods, citrus, onions, peppermint, caffeine, alcohol and carbonated drinks