

## Department of Nutrition and Dietetics

# Indigestion Heartburn Acid Reflux Oesophagitis Hiatus Hernia

**Indigestion**, also known as dyspepsia, is caused by the stomach acid needed for digestion coming into contact with the sensitive, protective lining of the digestive system.

**Symptoms after eating and drinking include:** heartburn – a painful burning feeling in the chest, often after eating, feeling full and bloated, feeling sick, belching and passing wind, bringing up food or bitter tasting fluids. In most cases, indigestion is related to eating, although it can be caused by other factors, such as an infection or taking certain medications.

### Contributing factors are:

- Being overweight or obese.
- Smoking.
- Consuming food and drinks that make symptoms worse. Keeping a food diary may help you to identify triggers. Spicy and fatty foods, and alcohol can often worsen symptoms, as can tea, coffee and cola due to their caffeine content.
- Eating late at night.
- Eating in a hurry.
- Having irregular meals.
- Being stressed.

Simple indigestion can nearly always be improved by having a regular meal pattern and a healthier balance of foods. Please visit the Food Standards Agency online at <http://www.eatwell.gov.uk> for more information on how to follow a healthy balanced diet. Your dietitian will also be able to advise you on specific foods that may be causing you discomfort.

## Heartburn, Acid Reflux, Oesophagitis

Heartburn is a common accompaniment to indigestion and is characterised by a sharp, burning pain in the chest or unpleasant sour taste in the mouth. Heartburn usually occurs after meals and is caused by stomach acid that travels back up into the oesophagus (the tube that carries food to your stomach). The term 'acid reflux' describes this action, it can occur with or without pain, and if it occurs repeatedly it can cause damage and inflammation to the oesophagus (oesophagitis)

### Contributing factors are:

- Being overweight or obese.
- Being pregnant.
- Eating a high fat diet.
- Consuming large quantities of food or liquids.
- Hiatus hernia.

The advice below may help to improve symptoms of reflux.

### Lifestyle changes that may help improve symptoms of Indigestion, Heartburn, Acid Reflux, Oesophagitis and Hiatus Hernia:

- Reducing weight if overweight or obese.
- Eating smaller meals at regular intervals.
- Avoiding eating or drinking late at night.
- Avoiding excessive consumption of tea, coffee or alcohol.
- Avoiding foods that are hot, spicy, acidic or difficult to digest.
- Avoiding bending, lifting or lying down after meals.
- Sleeping in a semi-upright position.
- Stopping smoking.
- Avoiding tight-fitting clothes.

**Your dietitian will be able to provide you with specific advice on the above issues.**

### Dietitians' Contact Telephone:

Calderdale Royal Hospital 01422 224267

Huddersfield Royal Infirmary 01484 342749

**If you have any comments about this leaflet or the service you have received you can contact :**

Service Manager  
Nutrition and Dietetics

Huddersfield Royal Infirmary  
Telephone No: (01484) 342749

or

Calderdale Royal Hospital  
Telephone No: (01422) 224267

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ طرزبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"