

Gastro-oesophageal reflux disease (GORD)

i Information for patients
Endoscopy



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



What is GORD?

Gastro-oesophageal reflux disease (GORD) occurs when the muscle at the bottom of your oesophagus (the tube that carries food to the stomach) does not close properly and your stomach contents leak back or reflux into the oesophagus. This muscle acts like a valve between the oesophagus and stomach.

When the acid in your stomach contents touches the lining of the oesophagus it causes a burning sensation in the chest or throat called **heartburn**.

You can sometimes also taste the fluid in the back of the mouth. This is called **acid indigestion**.

What are the symptoms of GORD?

The main symptoms are persistent heartburn and acid regurgitation. Some people have GORD without heartburn, instead they have symptoms that include:

- Pain in the chest
- Hoarseness
- Food sticking in the throat and trouble swallowing

What causes GORD?

A hiatus hernia can contribute to the development of GORD. A hernia is a condition in which the upper part of the stomach is above the diaphragm (the muscle that separates the stomach from the chest). If you have a hiatus hernia it is easier for acid to reflux back up into your oesophagus.

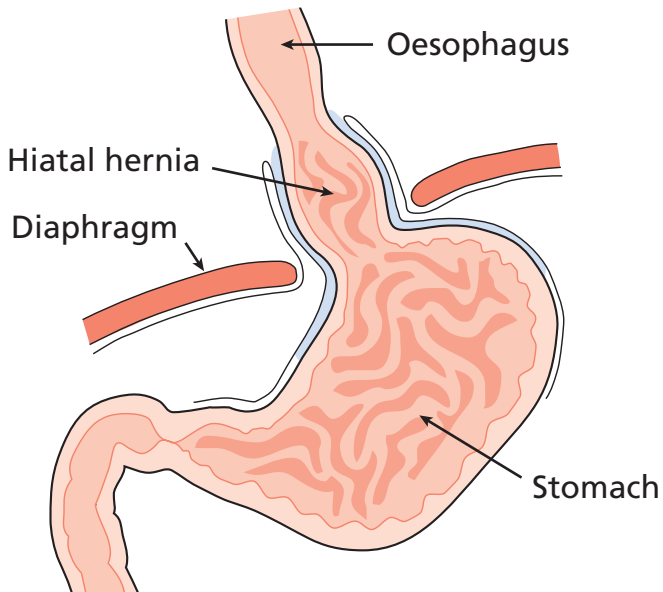


Diagram of Hiatal Hernia

A hiatus hernia can occur in people of any age.

Other factors that may contribute to GORD are:

- Alcohol
- Being overweight
- Pregnancy
- Smoking

Certain foods can also exacerbate the condition, they include:

- Citrus fruits
- Chocolate
- Caffeine (tea, coffee, coca cola)
- Fatty and fried foods
- Spicy foods
- Tomato based foods
(for example spaghetti sauce, chilli and pizza)

How do you treat GORD?

Depending on how severe your GORD is, the treatment may involve one or more of the following lifestyle changes, along with medication.

The lifestyle changes you may need to make to help control your condition include:

- Stopping smoking
- Not drinking alcohol
- Lose weight if needed
- Eating smaller more regular meals rather than large infrequent meals
- Wearing loose fitting clothes
- Not eating meals before you go to bed
- Not sleeping flat by raising the head of your bed using blocks under the legs or trying to sleep propped up on pillows

There are two types of drugs which may be used to treat your condition. It is up to your hospital Consultant or GP to decide which is most suitable for you. You may be given any one of the following:

Proton Pump Inhibitors - which block the production of stomach acid.

- Omeprazole
- Esomeprazole
- Lansoprazole
- Pantoprazole
- Rabeparazole

H2-Receptor Antagonists - which prevent the release of acid into the stomach.

- Cimetidine
- Famotidine
- Nizatidine
- Ranitidine



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