



THE JOHNS HOPKINS HOSPITAL
Baltimore, Maryland 21205

Circle Patient Category: Discharge Employee OP Clinic Private OP Intern - Res - Fellow Student Nurse - Med. Student	History No.:
	Name:
Circle Route Oral Topical IM or SQ Otic Ophthalmic Diagnostic	Address:
	Age: Weight: Date: Service or Clinic:

NOT VALID FOR CONTROLLED SUBSTANCES

Prescription for home management of Acid Reflux:

- Avoid lying down for at least 2-3 hours after eating.
- When lying down, keep your head raised up by 15 or more inches (using extra pillows or a foam wedge under your mattress).
- Avoid trigger foods:
 - alcohol
 - coffee
 - chocolate
 - high-fat foods (for example, fried foods)
 - oranges (and other citrus foods)
 - peppermint
 - tomato products (including spaghetti sauce)
- If you are overweight or obese, try working to lose those extra pounds through diet and exercise.

M.D.

Physician's Signature

J.H.H Physician's I.D. No.

Physician's Name (print)

DEA NUMBER