

## Things which may trigger LPR:

- Coffee and tea
- Alcohol (especially wine and spirits)
- Tobacco
- Carbonated drinks
- Chocolate and fatty foods
- Spicy food, garlic, raw onions
- Tomato, cabbage and citrus fruits

You may find that one or more of these substances triggers your symptoms.

Avoiding or reducing your consumption of the above might be beneficial.

## Follow-up after consultation:

After prescribing you medication, your hospital doctor may book you in for a follow-up appointment. They may advise you to cancel if your symptoms have improved. **It is important to remember to do this, as this appointment can be used for another patient.**

Alternatively, you may be asked to try the medication for a period of time with the option to call us if you feel things have not improved. If this is the case, please telephone the ENT secretaries on 01270 273667 to arrange an appointment.

Please make a note of any questions here to ask at your next appointment:

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### ENT Outpatients Department

Leighton Hospital  
Middlewich Road  
Crewe  
Cheshire, CW1 4QJ  
Monday to Friday (excluding Bank Holidays)  
8:30am – 5:00pm

ENT Outpatients Department: 01270 612206  
Appointments: 01270 612200  
ENT secretaries: 01270 273667

**Please cancel any appointment you cannot attend.**

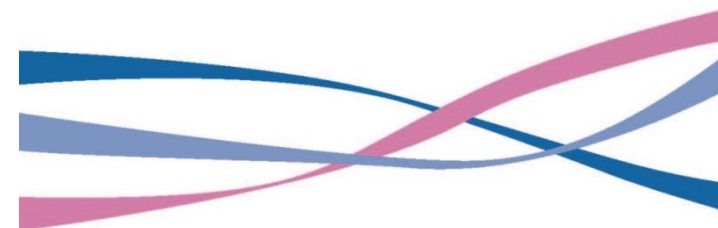
This leaflet is available in audio, large print, Braille and other languages. To request a copy, please contact the ENT Department on 01270 612206.



Mid Cheshire Hospitals  
NHS Foundation Trust

## Laryngopharyngeal Reflux (LPR)

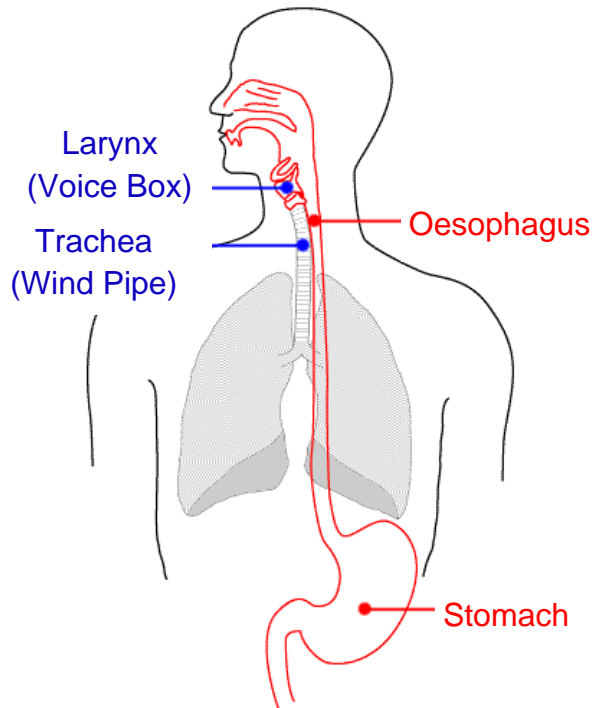
### Information for patients



## What is Acid Reflux?

In some people, stomach acid or its contents may come up into the throat, most commonly after meals or when lying down. This can cause discomfort in the chest which many people call 'heartburn'.

When acid goes into the upper part of your gullet (oesophagus), it can occasionally go 'down the wrong way' and irritate the voice-box (larynx). This is called laryngopharyngeal reflux or LPR.



## How do I know if I have LPR?

Some people can have LPR without having any symptoms at all. Others might have a variety of symptoms such as:

- Sore, dry or sensitive throat
- Hoarse voice
- Tickly cough, particularly at night
- A sensation of a lump in the throat
- Unpleasant taste, particularly in the mornings
- Difficulty swallowing

## What investigations will I have?

Your doctor may perform, a **nasopharyngoscopy** (a small tube with a fibre-optic camera), which looks at your voice box through the back of your nose. This looks for signs of LPR.

**This tube does not look all the way down the oesophagus.** Therefore, if needed, your doctor may arrange for a **gastroscopy**. This is a separate test where a camera looks further down the oesophagus towards the stomach.

## Tips to reduce your symptoms

### Do

- ✓ Eat smaller, more frequent meals
- ✓ Raise the head of your bed 10 to 20 cm by putting something under your bed or mattress – make it so your chest and head are above the level of your waist, so stomach acid does not travel up towards your throat
- ✓ Try to lose weight if you're overweight
- ✓ Try to find ways to relax, as anxiety can increase your symptoms

### Don't

- ✗ Have food or drink that triggers your symptoms
- ✗ Eat during the three or four hours before going to bed
- ✗ Wear clothes that are tight around your waist
- ✗ Smoke
- ✗ Drink too much alcohol
- ✗ Stop taking any prescribed medicine without speaking to your GP first

## Management

Your doctor may prescribe a medicine to reduce how much acid your stomach makes e.g. omeprazole (or another similar medication) alongside an agent to neutralise stomach acid e.g. Gaviscon.

**Long-term exposure to stomach contents can damage your oesophagus.**

For this reason, it is important to see your GP if you have recurrent problems with reflux.