

## **DIETARY AND LIFESTYLE MODIFICATIONS TO REDUCE THE FREQUENCY AND SEVERITY OF BURPING AND BELCHING**

Following factors increase the likelihood of burping and belching; therefore, attempt to avoid or treat the following:

1. Eating until you are full
2. Eating fast
3. Not chewing food enough times or chewing food too many times
4. Alcohol consumption
5. Acid reflux
6. Peptic ulcer disease
7. Thyroid disease
8. Medications such as Prilosec, omeprazole, Nexium, esomeprazole and/or Voquezna are effective medications for controlling acid reflux. However, the regular use of these medications can result in an increased amount of burping. Therefore, if you take one of these medications on a regular basis, consider holding the medication for up to 5 days to determine if burping improves. If your acid reflux and/or burping worsen while holding the medication, then restart the medicine at the prior dose.
9. Consuming carbonated beverages including seltzer water, sodas and beer
10. Habits that result in swallowing air such as gum chewing, sucking on candy, using straws and smoking cigarettes
11. Postnasal drip
12. Poorly fitted dentures
13. Supplements such as fish oil, fiber and iron
14. Opioid medications used for pain