



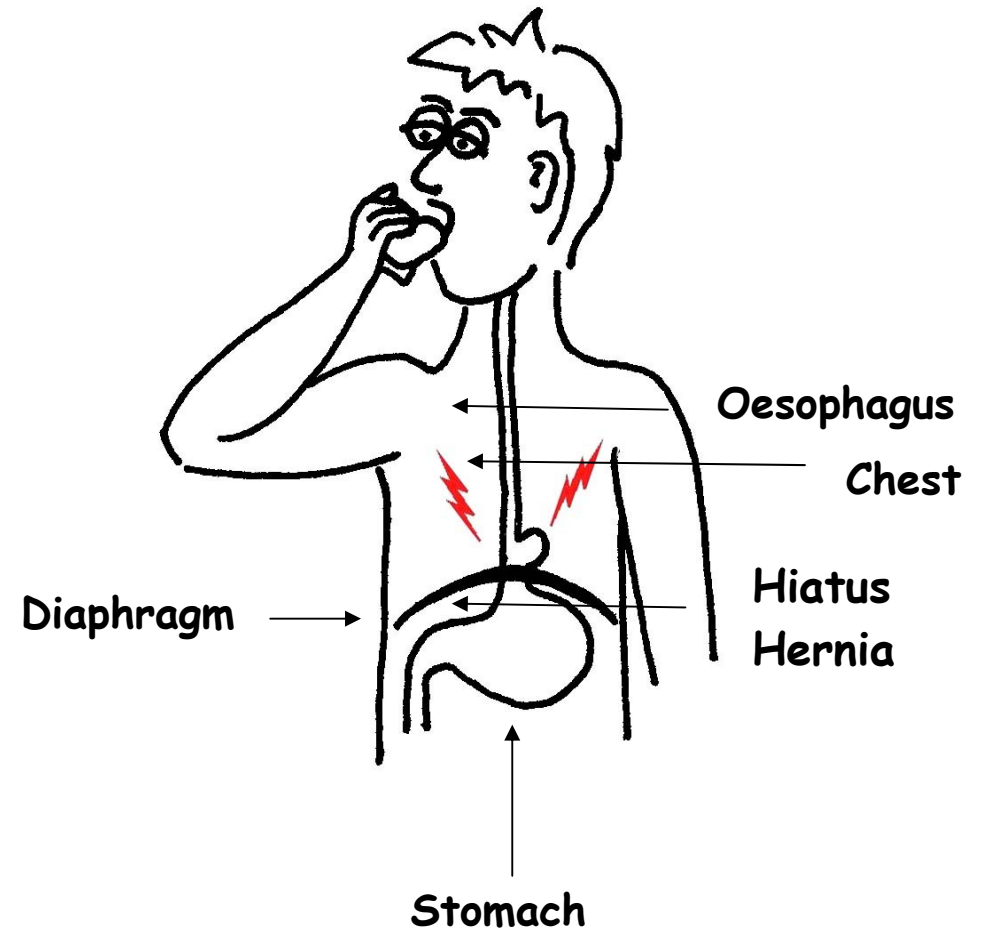
**Adult Learning Disability
Division (Health)
Mytton Oak,
Royal Shrewsbury Hospital North,
Shrewsbury,
Shropshire,
SY3 8XQ**

Tel: 01743 261181



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What is a Hiatus Hernia?



When you eat food and drink, it goes into your mouth first. When you swallow the food and drink, it goes down from your mouth into a long tube called the oesophagus and into your stomach.

The diaphragm is a piece of muscle between the stomach and the chest.

There is a hole in the diaphragm. Sometimes the top of the stomach can move and go up through the hole into the chest. This is called a hiatus hernia.

People who have a hiatus hernia may have some problems:

Reflux - this is like a burning feeling in your chest or your throat.

Sometimes nasty tasting liquid may come up into your mouth, especially if you

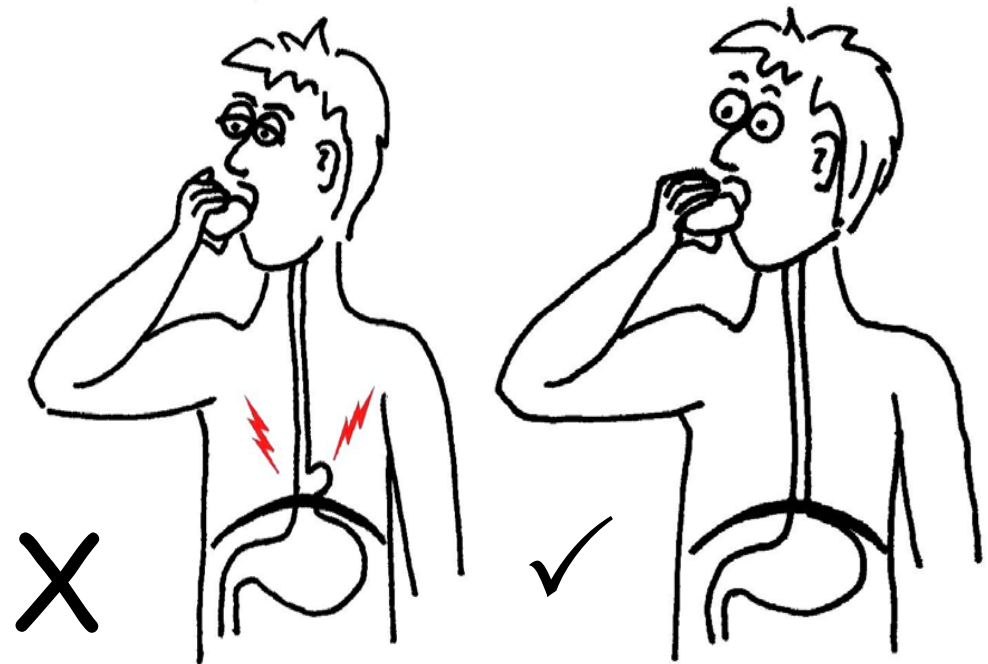
- lie down
- bend forward
- wear clothes that are too tight

Other Treatments

Sometimes an operation may be needed.

The stomach is moved back to where it should be under the diaphragm.

The doctor stitches the top of the stomach around the oesophagus.





Avoid very hot drinks

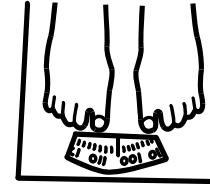


Do not eat a large meal just before you go to bed



Do not drink fizzy drinks

Things you can do to help yourself



Lose weight if you are overweight



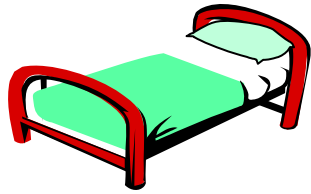
Take antacid medicine given to you by your doctor



Eat smaller meals more often



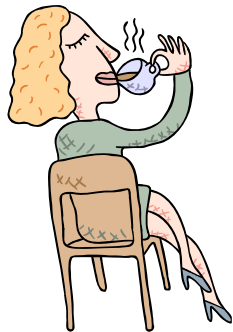
Wear loose clothes. Do not wear tight belts.



Use pillows to raise your head in bed



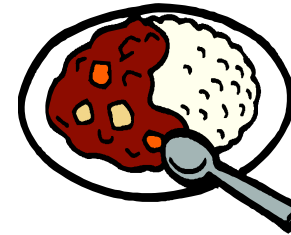
Sit up straight at the meal table



Eat slowly and chew your food well.



Don't Smoke



Do not eat very fatty or spicy food, like curry, chilli or fried or oily foods



Drink less strong coffee and strong tea



Drink less alcohol, like whiskey, brandy, vodka.