

Heartburn / Indigestion

Follow-up Advice	Conditional referral: <ul style="list-style-type: none">• Consult GP if symptoms persist beyond 1 week• Consult GP if symptoms are not relieved by medication• Patients taking NSAIDs, iron preparations, bisphosphonates and corticosteroids• Second request within one month• Recent peptic ulcer disease
Counselling Points	<ul style="list-style-type: none">• Symptoms can be aggravated by stress and anxiety• Advise patients to stop smoking, moderate alcohol intake and lose weight where appropriate• Eat small meals slowly and regularly and avoid foods which aggravate the problem• The sodium content of some antacids may be important when a salt restricted diet is required in patients with renal or cardiovascular disease• Advise patients not to take ranitidine tablets for more than 2 weeks continuously. They must consult their doctor if symptoms deteriorate or persist after 2 weeks treatment.