

Excess Gas

These recommendations are intended to help you change your eating and living habits which contributes to excessive gas. You may be able to reduce your intestinal gas below a level which is producing these uncomfortable symptoms by following only a few of these suggestions. If discomfort persists, pay more attention to these items and continue to adjust your daily habits. If unimproved, please let us know.

1. Change certain eating habits

- Chew food thoroughly
- Eat slowly and leisurely in a quiet atmosphere
- Avoid drinking with meals
- Avoid drinking from water fountains
- Avoid carbonation (sodas, beer)
- Avoid extremely hot or cold beverages
- Avoid chewing gum or sucking on hard candy
- Check dentures for proper fit
- Attempt to be aware of and avoid deep sighing
- Don't laugh and talk while eating
- Avoid foods with sugar alcohols

2. Do not attempt belching

3. Do not overload the stomach at any one meal

4. Avoid gaseous vegetables; navy beans, cabbage, Brussel sprouts, cauliflower, broccoli, turnips, cucumbers, radishes, onions, and melons

5. Avoid excess eating of raw fruits and vegetables

6. Avoid food with air whipped into them: souffles, sponge cake, milk shakes

7. Avoid tight fitting garments

8. Do not lie down or sit in a slumped position immediately after eating

9. Take a leisurely stroll after meals

10. Take only prescribed medicine by your doctor.

11. Try decreasing your intake of milk and milk products

There are some over the counter that can be effective. Please ask us about them such as Gas-x, Beano.