

Instructions for Excessive Gas

You may be able to reduce your intestinal gas and uncomfortable symptoms by following these suggestions. These recommendations are intended to help you correct faulty eating and living habits, which contribute to excessive gas. If discomfort persists, pay more attention to these items and continue to adjust your daily habits. If unimproved, please contact the office.

1. Correct faulty habits:
 - Chew food thoroughly
 - Eat slowly and leisurely in a quiet atmosphere
 - Avoid washing solids down with a beverage
 - Avoid gulping and sipping liquids through a straw
 - Avoid drinking from water fountains
 - Avoid carbonated beverages and beer
 - Avoid extremely hot and cold beverages
 - Avoid chewing gum and sucking on hard candy
 - Check dentures for proper fit
 - Attempt to be aware of and avoid deep sighing
2. Do not attempt to induce belching
3. Do not overload the stomach at one meal
4. Avoid gaseous vegetables such as broccoli, brussel sprouts, cabbage, cauliflower, cucumbers, onions, radishes and turnips. Avoid melons and navy beans. Avoid excesses of raw vegetables and fruits
5. Avoid food with air whipped into them, such as milk shakes, soufflés and sponge cakes
6. Avoid long-term or frequent use of medications intended for relief of cold symptoms (cough, nasal congestion, postnasal drainage)
7. Avoid tight-fitting garments, girdles and belts
8. Do not lie down or sit in a slumped position immediately after eating
9. Take a leisurely stroll after meals
10. Take only medication prescribed by your doctor
11. Try decreasing your intake of milk and milk products