

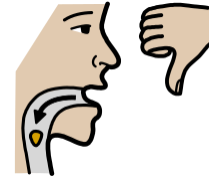
What are the typical signs and symptoms of Reflux?



Heartburn (might be worse at night-time)



Dry cough (often after meals and when laying down)



Difficulty swallowing



Frequent throat clearing



Feeling like there is a 'lump' stuck in the throat



Burping or hiccupping after eating



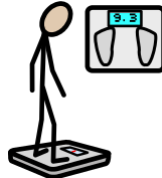
Gagging or feeling sick (nausea) after eating



Being sick after meals (regurgitation)



Bloating



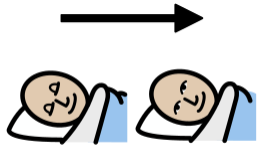
Losing weight unintentionally



Persistent sore throat



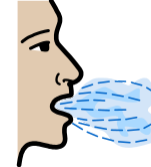
Hoarse voice



Disrupted sleep



Changes in facial expression when eating and drinking



Bad breath (halitosis)



Sudden increase in saliva production

If you are concerned that someone you support is suffering with Reflux, always speak to their GP, to discuss what support is available for them.