

## Declan Costello MA MBBS FRCS (ORL-HNS)

Consultant Ear, Nose & Throat Surgeon  
Specialising in voice disorders

### NHS

Wexham Park Hospital  
Wexham Street  
Slough  
SL2 4HL  
Secretary: 0300 615 3658  
[d.costello@nhs.net](mailto:d.costello@nhs.net)

### Private Practice: Berkshire

The Bridge Clinic  
156-160 Bridge Road  
Maidenhead, Berks SL6 8DG  
Fax: 0115 9606 361  
Secretary: 07394 226959  
[info@voicedoctor.co.uk](mailto:info@voicedoctor.co.uk)

[www.voicedoctor.co.uk](http://www.voicedoctor.co.uk)

### Address for Correspondence:

Private Practice: London  
King Edward VII's Hospital  
5-10 Beaumont Street  
London W1G 6AA  
Fax: 0115 9606 361  
Secretary: 07394 226959  
[info@voicedoctor.co.uk](mailto:info@voicedoctor.co.uk)

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## Reflux advice sheet

Laryngopharyngeal reflux (LPR, also known as extra-oesophageal reflux) is a condition in which the contents of the stomach pass up the oesophagus and into the pharynx. From there, they may cause irritation of the larynx. It is quite common for patients not to experience heartburn or acid indigestion. Some of the symptoms experienced include:

- Throat clearing and cough
- A sensation of a lump in the throat
- A feeling of “mucus” in the throat
- Sore throat or a burning sensation
- Voice changes – vocal fatigue, voice breaks, hoarseness

Treatment of LPR can include:

- Lifestyle modifications
  - Avoid spicy foods
  - Avoid eating late at night
  - Sleep with the bed inclined upwards
  - Avoid caffeine
  - Cessation of smoking
  - Weight loss
  - Avoid acidic drinks (e.g. carbonated drinks)
- Medication
  - Proton pump inhibitors (e.g. Omeprazole, Lansoprazole) – these may be prescribed once or twice a day. They should be taken 30 minutes before a main meal. They work by reducing the production of acid by the stomach
  - Reflux inhibitors (e.g. Gaviscon Advance). They work by forming a “raft” on the contents of the stomach and preventing stomach contents from entering the lower oesophagus.