

BELCHING AND HICCUPS

These symptoms are common in most people, but during hospice care they can become persistent and bothersome

Possible reasons

- > Gas producing foods (onions, garlic, beans), soda/carbonated drinks
- > Anxiety causing increase in swallowed air
- > Heartburn, regurgitation
- > Slow emptying of stomach
- > Medication side effect

What can help?



Decrease aggravating foods, sodas



Elevate head of bed



Gas-X (Simethicone)



Avoid large meals, try smaller more frequent



Over the counter Antiacids - TUMS/Gaviscon



For Hiccups, **HiccAway Straw** (hiccaway.com). Effective easy to use drinking cup (less than \$15)

Medications

- Acid lowering medications for heartburn – Prilosec, Pepcid, Tums/Roloids/Gaviscon
- Anxiety medication provided by Hospice Team ([Anxiety Meds](#))
- There are additional prescription strength medications that can help - ask Hospice Team
- Discuss with Hospice Team if there are medications that may be contributing to these symptoms

When to Call the **Hospice**

- Uncontrolled, persistent hiccups lasting more than hour
- Pain associated with excess belching or hiccups
- Vomiting not relieved with nausea medications