



**Southport and
Ormskirk Hospital**
NHS Trust

PATIENT INFORMATION

What is Silent Reflux?

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Silent reflux is the reflux of pepsin. The term Reflux comes from a Greek word that means “backflow” and it usually refers to the back flow of stomach contents.

Silent Reflux can cause:

- Hoarseness
- Trouble swallowing
- Too much mucus in the throat
- Sore throat
- Throat clearing
- A lump in the throat
- Irritable cough
- Heartburn

What is Laryngopharyngeal Reflux

Laryngopharyngeal Reflux refers to the backflow of food or other stomach contents all of the way back up into the larynx (the voice box) or the pharynx (the throat). The stomach produces both acid and pepsin. LPR can occur during the day or night, even if you haven't eaten a thing.

Not everyone with reflux has a lot of heartburn or indigestion, in fact many people with LPR never have heartburn. This is why LPR is called silent reflux. Because LPR is silent, it is sometimes difficult to diagnose.

A Lump in the throat

A feeling of a lump in the throat is a very common symptom which is often linked to LPR. It is also called Globus Pharyngeus. Other people describe a feeling of tightness or constriction in the throat, or they feel some mucus is caught and they are unable to clear it. Stress can make this sensation worse. The important thing to realise is that globus is an abnormal sensation rather than an actual lump.

How is LPR treated?

Generally there are several treatments for LPR which can include dietary changes, medication to prevent stomach acid refluxing back and in rare cases surgery.

Tips for reducing reflux and LPR

- Stop smoking as this can make you reflux
- Don't wear clothing that is too tight, especially around the waist.
- Do not lie down just after eating and do not eat within 3 hours of bedtime. Raising the head of your bed can help.
- A low fat diet will help. Avoid fried foods, cheeses and pastry. Avoid fizzy drinks and citrus juices.
- Reduce your intake of caffeine.
- Alcohol makes reflux worse so limit your intake.
- If you are overweight try to lose a bit of weight as this will help.

Contact Telephone Numbers

- Sister Lynn Brown (01704) 705227 or (01695) 656885

Additional Sources of Information

www.entuk.org

This patient information leaflet is intended to be used to support discussion during your clinical consultation. If there is anything you do not understand or are unsure about, please ask the doctor at your appointment.

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have questions or concerns.

MATRON

A Matron is also available during the hours of 9am to 5pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

- Your own GP

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) – 0300 100 1000

Stop Smoking Helpline (West Lancashire) – 0800 328 6297

**Please call 01704 704714 if you need
this leaflet in an alternative format**

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Ref: 17/23

Version: 2

Reviewed: March 2023

Next Review: March 2026