

# Peptic Ulcer Dietary Restrictions

Do not eat or drink any of the following:

- No milk or milk products
- No tobacco
- No alcohol
- No coffee, tea or decaffeinated coffee or tea.  
-Herbal tea is okay
- No aspirin.
- No NSAID's (Nonsteroidal antiinflammatory drugs)  
Examples: Ibuprofen, Advil, Children's Advil/Motrin, Medipren, Motrin, Nuprin, Naproxen ,etodolac, Lodine ,diclofenac, Voltaren, Ataflam, Voltaren-XR

*Avoid foods that cause symptoms.*



*Sutter West  
Medical Group*

Affiliated with the  
Sutter Medical Foundation

Department of Gastroenterology  
2068 John Jones Rd.  
Davis, CA 95616  
(530) 747-0389