

# Belching (Burping / Eructation)

Belching, commonly known as burping, is your body's way of releasing excess air from the upper digestive tract (the food-pipe and stomach). While it is a totally normal bodily function, frequent or repetitive belching can become bothersome.

## Why does Belching or Burping occur?

Most belching is caused by swallowing excess air, which comes back up as a 'burp'.

Common reasons for swallowing air include:

- Eating or drinking too fast: This often leads to unintentional gulping air along with food.
- Talking while eating
- Carbonated beverages: Fizzy drinks release carbon dioxide gas which can make belching worse.
- Lifestyle habits: Chewing gum, sucking on lollipops, or smoking.
- Poorly fitting dentures: You produce more saliva, which makes you swallow more, in turn causing swallowing of air.

## What can I do about frequent Burping?

The goal of management is to reduce the amount of air swallowed and improve digestion.

- Take smaller bites and chew well before swallowing. Avoid conversations during chewing.
- Limit chewing gum and sucking candies.
- Avoid carbonated drinks and try not to drink through a straw, which pulls more air into the mouth.
- Quitting smoking reduces the amount of air inhaled and swallowed.
- Occasionally, we may refer you to a breathing physiotherapist, to try and reduce unintentional swallowing of air.

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This information should not be used to diagnose or treat a health problem or disease. Always seek the advice of a healthcare professional regarding any medical condition or symptoms.