

## HEARTBURN

### Prevention

1. Try eating several small meals a day, instead of three large meals.
2. Avoid greasy, fried, or highly seasoned foods.
3. Avoid coffee and cigarettes.
4. Drink plenty of liquids (at least 2 quarts) daily.
5. Wear clothing that is loose around the waist.
6. Do not lie down right after eating.
7. Sleep and rest with the head slightly elevated

### Useful Remedies

1. Sipping on water, milk, or carbonated water, or eating a tablespoon of yogurt may help with symptoms.
2. Sitting up. Lying down can make heartburn worse. A leisurely walk reduces heartburn for some women; for others sitting quietly and breathing deeply is helpful.
3. Antacids will relieve symptoms. MOST OTC MEDS SUCH AS TUMS, MAALOX, PEPCID COMPLET, ZANTAC OR PRILOSEC ARE SAFE.
4. SEE \*\* SAFE MEDICATIONS DURING PREGNANCY \*\*

### Medicines To Avoid

1. Avoid use of heartburn medications containing aspirin like Alka-Seltzer® because aspirin should not be taken during pregnancy.
2. Avoid use of heartburn medicines that contain large amounts of sodium (e.g., baking soda, soda mint, Roloids®, Alka-Seltzer®).

### Helpful Hints

1. Eliminate hot and spicy foods from your diet.
2. Eat small meals.

3. Walk 15 minutes after meals.
4. Sit upright a half hour after meals.
5. If heartburn continues, try THE OTC MEDICATIONS. \*\*
6. If heartburn still continues, consult with your care provider.