

Foods and Heartburn

Eat LESS of these:

Greasy foods Spicy Foods
Acidic Foods Chocolate



Eat MORE of these:

Fresh vegetables
Crackers
Oven-baked foods



Drink LESS of these:

Coffee & Tea
Soft drinks



Drink MORE of these:

Water
Milk



Antacids for Heartburn During Pregnancy

Antacids neutralize stomach acids.

If you take an antacid, take your prenatal vitamin at the opposite time of day

Antacids are available at a pharmacy or drugstore

Talk to your doctor or pharmacist before taking any antacids

Safe Antacids



TumsTM (calcium carbonate)
MaaloxTM (aluminum hydroxide and magnesium hydroxide)
GavisconTM (alginate acid)

NOT Safe Antacids



Alka SeltzerTM (it contains aspirin)
EnoTM
Pepto BismolTM (bismuth subsalicylate)
Baking soda (only safe in baking and for cleaning)

Ways to help you cope with

Heartburn

During Pregnancy



Many women have heartburn when they are pregnant. It may be painful for you but it will NOT hurt your baby.

What is heartburn?

▶ Heartburn is when food and stomach acids back up into your throat.

Signs you may have heartburn

- ▶ A burning feeling in your chest after eating a meal
- ▶ A burning feeling in your chest when you lie down or bend over
- ▶ A sour or bitter taste in your throat when you lie down or sleep

Tips to help relieve and prevent heartburn



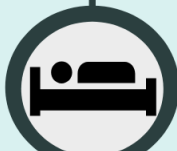
Eating and Drinking

Eat 5 or 6 small meals throughout the day

Eat slowly and chew your food well

Drink liquids 1 hour before or after meals

Drinking milk helps some women relieve heartburn.



Sleeping

Wait 2-3 hours after eating before you lie down

Sleep with your upper body raised higher than your stomach.



Clothing

Wear loose fitting clothing