

## Heartburn

### *Tips to relieve your symptoms*

*You can help ease symptoms of heartburn by making changes in your diet. This handout gives tips you can try. These are guidelines only. It is best to talk about your specific dietary needs with a dietitian or your health care provider.*

### What is heartburn?

Heartburn is a painful burning feeling in your chest. It sometimes occurs after eating. It is caused by stomach acid going up into your esophagus, the tube between your mouth and stomach. Heartburn is common during pregnancy.

Follow these tips to help ease symptoms:

- Eat several small meals during the day instead of 3 big meals.
- Avoid greasy, fried, and spicy foods.
- Avoid citrus foods and drinks. Their acidity can cause heartburn.
- Avoid caffeine. This includes regular coffee, cola drinks, energy drinks, some teas, and all forms of chocolate.
- Avoid mints, including peppermint, spearmint, and wintergreen.
- Do not use tobacco or alcohol.
- Wear clothing that is loose around your waist.
- Maintain a normal body weight.
- Do not lie down after eating. Do not eat within 2 hours of bedtime.
- Raise the head of your bed frame 6" to 8", or sleep with your upper body on a foam wedge.
- Do **not** use baking soda to relieve heartburn.
- Sip on water or milk, or eat small amounts of yogurt.
- Check with your health care provider about medicines you take that might make heartburn worse, or ones that might help treat it.



*To help ease heartburn symptoms, try eating several small meals during the day instead of 3 big meals.*

### QUESTIONS?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

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