



Heartburn

Tips to help relieve symptoms

Heartburn can be helped by making changes in your diet. This handout offers diet and other tips you can try to relieve the symptoms of heartburn.

What is heartburn?

Heartburn is a burning feeling in your chest after eating. It is common during pregnancy. Heartburn is an uncomfortable feeling. Follow these tips to help relieve symptoms.

To help relieve heartburn:

- Eat small meals instead of three big meals.
- Avoid greasy, fried or spicy foods.
- Avoid citrus foods which are acidic and bring on heartburn.
- Cut down on soda and avoid caffeine.
- Avoid tobacco and alcohol.
- Wear clothing that is loose around your waist.
- Do not lie down after eating.
- Sleep with the head of your bed elevated.
- Do *not* take baking soda.
- Sipping on water, milk, carbonated water or small amounts of yogurt.
- Know that certain medications can cause heartburn, such as aspirin or ibuprofen. Check with your health care provider if you are not sure.



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Questions?

Your questions are important. Make an appointment to see your health care provider to discuss questions or concerns.