

Heartburn

Heartburn is caused by the pressure of the growing baby and hormone changes during pregnancy that allow stomach acid to move up to the throat.

How to cope

- *Do not lie down after eating.*
- *When you do lie down, raise your head and shoulders.*
- *Avoid fried or greasy foods.*
- *Drink fluids between meals, not with meals.*
- *Avoid coffee, colas, alcohol and smoking.*
- *Eat slowly. Take the time to chew well.*
- *Eat small meals and snacks.*

Check with your doctor or nurse...

If none of these tips helps your heartburn, you may want to try an antacid medicine. An antacid reduces the amount of acid in your stomach. Not all antacids are safe for pregnant women. Check with your doctor or nurse before you take one.