

HEARTBURN

Heartburn is caused by food and stomach acids backing into the lower esophagus producing a burning sensation. Relaxation of the muscles to the stomach opening and pressure on the stomach itself from the enlarged uterus cause acids to “back up” resulting in heartburn. Though you may not be able to eliminate heartburn entirely, you can take steps to minimize your discomfort.

THINGS TO HELP RELIEVE HEARTBURN

1. Eat small, frequent meals. Avoid large meals or skipping meals.
2. Drink fluids at least 30 minutes to an hour after meals. Avoid drinking large quantities of fluids during meal; this will distend your stomach.
3. Avoid alcohol, coffee, tea, colas (consuming only decaffeinated cola or coffee doesn't seem to help).
4. Avoid foods and beverages that cause gastrointestinal distress. The usual suspects are carbonated drinks, chocolate, acidic foods like citrus fruits and juices, tomatoes, mustard, vinegar, processed meats, mint products, and spicy, highly seasoned, fried or fatty foods.
5. Don't smoke – in addition to contributing to a host of serious health problems, smoking boosts stomach acidity. If you are still smoking and are having trouble quitting, ask your caregiver for a referral to a smoking cessation program.
6. Avoid bending or stooping after eating. This can force food into the esophagus and cause heartburn. Bend at the knees instead of the waist.
7. Wait at least two hours after eating before lying down. Sleep propped up with several pillows or a wedge. Elevating your body will keep your stomach acids where they belong and aid in digestion.
8. Wear loose fitting clothing; avoid any tightness around your waist and tummy.

If you've tried all these and still need help, talk to your doctor about use of an antacid.

NAUSEA, VOMITING AND HEARTBURN

DURING PREGNANCY

OR

DOES PREGNANCY MAKE YOU SICK TO YOUR STOMACH?



Missoula County WIC