

## What Your Ob-Gyn Needs to Know About Your Pregnancy-Related Heartburn

Chances are you have a lot of questions to ask your health-care practitioner about your pregnancy-related heartburn. Use our list of questions as a guide—and note that while we provide general answers, you'll want to discuss your specific situation with your doctor.

**1. Is heartburn dangerous to my baby or me?**

Good question—and good news: Heartburn is generally nothing worse than a nuisance for you and is not a problem for your baby.

**2. I get heartburn frequently. Could that be a sign of a more serious problem?**

Some pregnant women have almost daily bouts of heartburn, especially later in their pregnancies. Be sure you're prepared to discuss the frequency of your episodes. Download the the Reflux Record in the Resources area on StopHeartburn.com to help you keep track.

**3. Should I change what I eat to make heartburn go away?**

Yes, and doing so should be your first line of defense. Foods and beverages to avoid include heavy, greasy or spicy meals; carbonated drinks; caffeine; peppermint; chocolate; and tomato-based sauces.

**4. What about other ways to prevent heartburn?**

Try eating smaller meals and avoid reclining for at least a couple of hours after eating. Some pregnant women find that chewing sugarless gum after meals helps ease heartburn.

**5. Does it have to do with how much weight I've gained?**

It can. The bigger you get, the worse heartburn symptoms may become, your baby's increasing bulk presses on the stomach, often forcing some of the contents back up into the esophagus.

**6. I drink a lot of water to prevent dehydration. Is that good or bad for my heartburn?**

Drinking plenty of water is good for you and your baby, and doesn't cause heartburn. But drinking large amounts with your meal can make heartburn worse. Try instead to sip water throughout the day.

**7. I take antacids frequently. Is that safe?**

Many antacids are fine for pregnant women. Just avoid any antacid that contains sodium bicarbonate, which can cause a dangerous fluid buildup in your and your baby's tissues. Make sure to talk to your doctor, however, before taking any medication during pregnancy, even OTC drugs.

**8. What about medication?**

Plan to discuss the possibility of taking a prescription or OTC heartburn medicine with your doctor.