

WHAT DO I DO IF I HAVE HEARTBURN?

There are many things you can do to reduce heartburn!

- Eat smaller meals more often instead of 2 or 3 large meals.
- Avoid going to bed or lying down soon after eating; some may be okay waiting 30 minutes while others may need up to 3 hours.
- Avoid spicy foods, fried foods, & gas-causing foods (cabbage, Brussels sprouts, onions).
- Raise your head when sleeping by using more pillows.
- Chewing gum may help.

WHAT DO I DO NEXT?

- Antacids that have calcium, such as TUMS® may help.
- But, if you already get enough calcium in your day, TUMS® is less likely to help.



HOW MUCH CALCIUM?

- If you're pregnant, it is important that you get enough calcium. (1300 mg per day if 18 years or younger; 1000 mg per day if 19 years or older.)
- Aim for 3-4 servings of dairy or other calcium-rich foods plus the calcium in your prenatal multivitamin. Not sure which foods have calcium? Ask your dietitian, nurse or pharmacist!
- If you don't get this much calcium and have heartburn, TUMS® may work for you and help you get enough calcium!



HOW TO TAKE TUMS®?

- Make sure to spread out the tablets in the day because your body can only take in small amounts of calcium at once.
- Calcium can keep some medications from working as well as usual. If you take other medications, check with your pharmacist about any problems.

HOW MANY TUMS® CAN I TAKE?

- Each **Regular Strength TUMS®** tablet contains 500 mg calcium carbonate, which provides **200 mg calcium**.
- Up to 3 Regular Strength TUMS® tablets per day is safe for you and your baby.
- If you need more than 3 tablets per day for heartburn, there are better options. (See below.)
- Depending on how much calcium you get in your day, taking more than 3 tablets per day for several days in a row can lead to serious side effects in some people.
- Any amount of calcium can cause side effects like constipation and stomach upset.

TALKING TO YOUR PHARMACIST, NURSE PRACTITIONER OR DOCTOR

- If you still have heartburn after trying these ideas OR you need several TUMS® daily, you may want to try something else.
- Talk to your doctor about medications like Zantac® (ranitidine) or Nexium® (esomeprazole). These are taken daily and can be used in pregnancy to help heartburn.

HEARTBURN HAPPENS
IN UP TO 80% OF
PREGNANCIES. SOME OF
THIS IS DUE
TO HORMONE CHANGES
AND PART OF IT IS FROM
YOUR GROWING BABY
PUTTING PRESSURE ON
THE STOMACH AND
PUSHING STOMACH ACID
INTO THE FOOD PIPE.

MOST COMMONLY
HEARTBURN CAUSES A
BURNING FEELING IN
THE CHEST OR THROAT.
IT MAY ALSO CAUSE A
BAD TASTE IN THE
MOUTH OR OTHER
SYMPTOMS SUCH AS
COUGH, PAIN IN THE
CHEST OR STOMACH,
TROUBLE SWALLOWING
OR AN UPSET STOMACH.

QUESTIONS? REACH US

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HEARTBURN

In Pregnancy