Heartburn During Pregnancy

Tips to help prevent heartburn

Heartburn is a burning feeling in your chest after eating. It is common in the last months of pregnancy.

- Eat 5 to 6 small meals a day.
- Do not eat greasy, fried, or spicy foods.
- Cut down on coffee and carbonated drinks (pop) with caffeine.
- Do not lie down after eating.
- Sip on water, milk, or carbonated water, or eat a tablespoon of yogurt.
- Do not take baking soda.
- Do not smoke.
- Wear clothing that is loose around your waist.
- Sleep with your head elevated.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Food and Nutrition Services: 206-598-4163