

**Southpointe OB/GYN**  
**4710 Spotsylvania Parkway Suite 205**  
**Fredericksburg, Va. 22407**  
**540-710-2324**

## **Coping with Heartburn**

### **When you eat**

- *Eat slowly*
- *Eat 5 or 6 small meals a day instead of 3 large ones.*
- *Do not eat before going to bed.*
- *Eat small portions of meats at one time.*
- *Drink fluids between meals rather than with meals.*
- *Take sips of water, milk, or a spoonful of yogurt.*
- *Always wear clothing that is loose around your waist.*

### **When you rest**

- *Sit upright after meals.*
- *Wait at least two hours after eating before lying down.*
- *Sleep or rest with your head lifted up. Use extra pillows under your shoulders to prop you up.*

### **Exercise**

- *Exercise may help to relieve heartburn.*
- *Try taking a slow walk or sitting quietly and breathing deeply.*
- *Try the flying exercise: Sit cross-legged or tailor fashion. Stretch your arms to the sides. Bring the back of your hands together over your head. Quickly raise and lower your arms. Try doing this ten times.*

### **Stay Away from Foods that Can Cause Heartburn**

<i>Greasy, fried or deep fried foods</i>	<i>Pizza</i>
<i>Spicy foods, like chile or salsa</i>	<i>Sausage</i>
<i>Garlic</i>	<i>Oregano</i>
<i>Tomato sauces</i>	<i>Chocolate</i>
<i>Coffee (decaf and caffeinated)</i>	
<i>Citrus fruits, juices</i>	
<i>Carbonated beverages</i>	

***\*Alcohol and cigarettes make heartburn worse. They can also harm your baby.***