

## **o. Heartburn**

### MODULE 2

#### **Causes**

Heartburn occurs when the stomach acids flow back into the lower end of the esophagus (reflux). During pregnancy, there are two causes: hormones relax the muscles of the upper opening of the stomach allowing acids to reflux; and your uterus, which is growing, pushes against the stomach causing acids to flow back into the esophagus.

#### **What can I do?**

Advice to avoid heartburn.



#### **If you have heartburn:**

- Take small mouthfuls of water or milk.
- Sit or stand straight. The horizontal positions aggravate the condition.
- At night, raise the head of your bed or use additional pillows.
- Try sleeping on your side.

#### **If nothing works?**

- Talk with your health care provider or pharmacist before taking any antacids or other type of medication.