

Acid Reflux and Heartburn In Pregnancy

If symptoms are frequent, severe, or interfere with daily life, this may be GERD (Gastroesophageal Reflux Disease) and should be discussed with your healthcare provider.

What is acid reflux?

When stomach acid flows back into your throat. You might recognize it because of a burning feeling called heartburn.

It's common in pregnancy, especially in the 3rd trimester, because the growing baby adds pressure on your stomach.



Common Symptoms



Sore throat



Heartburn, chest pain



Nausea & vomiting



Bloating

Why manage in pregnancy?

Reflux can cause pain, poor sleep, stress, and difficulty eating. Managing symptoms helps to keep you:



Comfortable



Rested



Nourished

Heartburn is common and usually not harmful.

There is no strong link between GERD and miscarriage, stillbirth, or birth defects.

How to manage?

1. Life habits



Eat smaller meals



Avoid food before bed



Avoid foods that can make it worse like spicy or greasy foods



Stay upright for at least 1 hour after eating

2. Antacids



Calm stomach acid fast for quick relief.

Examples: Tums®, Gavison® (calcium-containing antacids)

Use if changing habits don't help.

3. H2 Blockers



Lower acid production for longer relief, especially at night.

Example: Pepsid® (Famotidine)

Use if antacids aren't enough.

4. Proton Pump Inhibitors (PPIs)

Strongly reduce acid for lasting relief.

Examples: Losec® (Omeprazole), Nexium® (Esomeprazole),

Use with a prescription, if other treatments aren't enough.



All of these options are compatible with pregnancy. Always ask your healthcare provider before changing medications during pregnancy to make sure it's right for you.