POSITIVE OPTIONS

Helpful Hints for Relieving Heartburn in Pregnancy

- **Try eating smaller amounts at a time (such as 6 small meals per day).**
- **Don't eat within 2 hours of going to bed at night.**
- **Limit the amount of spicy foods in your diet.**
- **Medications that are ok to take during pregnancy for heartburn.**
  Pepcid
  Prilosec
  Tums
  Zantac

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