

HEARTBURN/ACID INDIGESTION/REFLUX

Indigestion or heartburn is a common complaint of pregnant women. Avoid spicy and greasy foods, onions, and garlic. Eat small, frequent meals. Sleeping with your head elevated or sleep on an extra pillow. Do not eat 2 hours before bedtime. Limit carbonated and caffeinated beverages.

See **“Approved Medications During Pregnancy”** list at the top of the page