Tips for Managing Heartburn

Things you can do on your own

- Try to eat sitting upright
- Do not eat anything for 2-3 hours before going to bed
- Eat a well-balanced diet, filled with fruits and vegetables
- Do not lie down for at least 2 hours after you eat
- Do not lie flat when you sleep; try propping yourself up with pillows
- Avoid deep-fried foods, fatty foods, chocolate, peppermint, and carbonated beverages
- Avoid foods that have caused you heartburn in the past
- Avoid caffeine and alcohol
 - Ask your team for help if this is hard to do
- Avoid nicotine (smoking, chewing tobacco, vaping)
 Ask your toom for hole if this is hard to do
 - Ask your team for help if this is hard to do
- Some medicines (doxycycline, minocycline, Fosamax) cause heartburn
 - If you are on one of these medicines, try taking the medications with a bit of food (like a cracker)

See the Other Resources page for more information

With over-the-counter medications

Over-the-counter medications may help. You can buy them at your local pharmacy. Take them as directed on the package.

- Try the following medicines one at a time, and pay attention to which one helps you get relief
- Take an antacid, like Mylanta[®], Maalox[®], Tums[®] or Rolaids[®]. These medications help to neutralize the acid in your stomach.
- Take an H2 blocker like Tagamet[®], Pepcid[®] or Zantac[®]
- Take a proton pump inhibitor like Prilosec[®], Prevacid[®] or Nexium[®]. These medications help to block the production of acid in your stomach.
- Generic versions of these medications work just as well as the brand name versions

REMINDER - Always keep your care team updated about over the counter medicines you are taking. If your care team tells you they're not safe for you, do not take them.

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With the help of your care team

• If the over-the-counter medications do not work, your care team may prescribe a stronger dose or different medications

When to call your care team for help

- You continue to have heartburn, even after trying all the above recommendations
- If you have severe abdominal (belly area) pain
- If you have difficulty eating and/or swallowing
- If you have both heartburn and vomiting
- If you cough or vomit up any blood
- If you have chest pain or shortness of breath

Additional information on Heartburn

• <u>Click here</u> for more information about heartburn

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