

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 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.

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



- [Click here](#) for more information about heartburn