

HEARTBURN: SHOULD YOU USE ANTACIDS?

Check with your health care provider before you use any medicine or herbal remedies.

Check with your health care provider about what you should take.

It may help your heartburn to use antacids. But not all antacids are safe when you are pregnant.

These antacids are OK to use. But every pregnancy is different.

Ask your health care provider about:

- Tums™
- Maalox™
- Mylanta™
- Riopan™
- Gelusil™

Try the liquid form of the antacid. It may work better.

Some antacids can hurt you or your baby.

- Do not take Alka-Seltzer™ or Fizin™. They have aspirin in them. You should not take aspirin when you are pregnant.
- Do not use baking soda, Soda Mints™, Eno™, or Rolaids™. They have too much salt in them.
- If you use antacids too often, you could have problems. Take only as much as your health care provider says is safe.

