What is heartburn?

» It is a burning feeling in mum’s chest and sometimes in her throat
» It is more common later on in pregnancy
» Not all mum’s will have heartburn.

Why does mum feel like this?

» When she eats food, it goes down her throat and into her stomach. In her stomach, there is lots of acid that helps to break up the food she eats.
» Because she is pregnant, the muscles around her stomach and throat are more relaxed.
» This makes it easier for the acid in her stomach to go back into her throat which causes that burning feeling.
» Sometimes baby can push on her stomach and make the acid go back up into her throat causing that burning feeling.
**Tips for mum:**

» During and after eating, sit up so food can travel down your throat  
» Eat smaller meals and healthy snacks  
» Wear loose clothes around your growing belly  
» Try not to eat spicy and fatty foods, it can make your heartburn worse  
» Try not to drink coffee, soft drinks and energy drinks, as they can make your heartburn worse.

**Tips for dad to help mum:**

» Make sure she is comfortable by putting a pillow behind her back  
» Support her by not eating the foods that make her heartburn worse.

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**Space for your notes**

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**For more information contact:**

These services are confidential with experienced professionals. They can be contacted 24 hours a day 7 days a week.

All information contained in this sheet has been supplied by qualified professionals as a guideline for care only. Seek medical advice, as appropriate, for concerns regarding you and your child’s health.

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