ACID REFLUX

Acid reflux can be painful and occur at any time of life but is a very common concern during pregnancy. There are many over-the-counter and prescription medications and supplements available to help relieve the symptoms of acid reflux.

- Apple cider vinegar- consuming one tablespoon of apple cider vinegar in a small amount of water can help. You may add a little honey to improve the taste. Be sure to use raw, unfiltered vinegar.

- Papaya enzymes are a supplement that help digest proteins. Proteins often contribute to acid reflux. Use only as directed.

- Eliminate foods that trigger symptoms. Common culprits include caffeine, chocolate, spicy foods, foods with high fat content, carbonated beverages (sodas and colas) and peppermint.

- Avoid alcohol and tobacco.

- Avoid sugar. Sugar feeds yeast and an overgrowth of yeast in the gut can trigger acid reflux. Try excluding sugar from your diet for just seven days and see what a difference this can make.

- Start a probiotic. Improving the good bacteria in your gut aids in digestion and can decrease reflux.

- Elevate the head of your bed at night. This can help to decrease your nighttime symptoms.

- If the above suggestions do not help, consider over-the-counter antacid options for symptom relief:
  - Tums*
  - Rolaids*
  - Mylanta*
  - Alka-Seltzer*

NOTE: GAVISCON* IS NOT RECOMMENDED DURING PREGNANCY.

TO PREVENT SYMPTOMS FROM OCCURRING:

- Cimetidine (known as Tagament*) (Recommended first in pregnancy)
- Famotidine (known as Pepcid*)
- Lansoprazole (known as Prevacid*)
- Esomeprazole (known as Nexium*)
- Omeprazole (known as Prilosec*)
- If none of these options have decreased reflux symptoms, a prescription for a medication such as Sucralfate or Protonix (Pantoprazole) may be effective. Ask your health care provider for more information.

*The Chickasaw Nation does not prefer the brands of medication listed above. The brand names are included in this document for reference and educational purposes only.