

Heartburn Remedies

Lifestyle & Dietary Changes:

- Avoid foods that provoke symptoms such as, spicy & fatty foods, tomato & citrus juices, chocolate and peppermint
- Limit caffeine-containing beverages (e.g. coffee) and alcohol
- Eat smaller meals, especially before bedtime
- Avoid lying down within 2 to 3 hours after eating
- Stop cigarette smoking
- Lose excess weight
- Raise the head of your bed with 6-inch blocks
- Wear loose-fitting clothing

Non-Prescription Medications:

Purchase one of these products at any retail pharmacy or grocery store. If you cannot find the product, please ask your pharmacist for help.

Antacids: Work immediately, last for minutes to hours

- Aluminum (e.g. Amphoel, AlternaGel)
- Calcium (e.g. Tums, Titalac)
- Magnesium (e.g. Milk of Magnesia)
- Combination (e.g. Maalox, Mylanta, Rolaids, Gaviscon)

Acid reducers (H2 Blockers): Work immediately, lasts for hours

- Cimetidien (Tagamet HB)
- Nizatidine (Axid AR)
- Famotidine (Pepcid AC)
- Ranitidine (Zantac 75)

Antacid / H2 Blocker Combination: Works immediately, lasts for hours

- Famotidine, Calcium, Magnesium (Pepcid Complete)

Proton Pump Inhibitors: Takes a few days to work, lasts for days

- Omeprazole (Prilosec OTC)