

Heartburn and reflux in pregnancy

A one-page guide for pregnancy. General information, not personal advice, and not a replacement for your GP, midwife or obstetrician.

What is worth knowing

- Pregnancy hormones relax the muscle that keeps stomach contents down, and your growing uterus adds pressure.
- Triggers differ from person to person. What you eat and drink, meal size and timing, how you sleep and some medicines can all play a part.
- Antacids are considered safe within the recommended dose. Ask your pharmacist which suits you.

Why one list does not fit everyone

Two people can eat the same dinner and only one gets heartburn. A dietitian works through your food, timing, sleep and symptoms to find your own pattern and decide what to change first, without cutting out food you need.

Questions to bring to your dietitian

- Which of my foods and drinks are triggers?
- How should I time meals around work, family and sleep?
- What can I eat in the evening that won't keep me up?
- How do I set up my bed to sleep better?

Heartburn that doesn't settle with antacids, or severe pain below your ribs or in your upper tummy, can be signs of pre-eclampsia. Seek medical attention urgently, or go to your emergency department, if you have these or a severe headache, blurred vision or flashing lights, or sudden swelling of your hands, feet or face.

Want help that fits your pregnancy?

The Reflux Mini Consult is 20 minutes with an Accredited Practising Dietitian, by telehealth from anywhere in Australia, for \$39.

ausclin.com.au/pregnancy-reflux-dietitian
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General information only. Based on Pregnancy, Birth and Baby (healthdirect Australia) and the research listed at ausclin.com.au/heartburn-and-reflux-in-pregnancy. © Ausclin Pty Ltd, 2026.