

# HEARTBURN PREVENTION TIPS

If you've ever had heartburn after eating, you know how uncomfortable it can be. Here are some simple steps you can take to avoid heartburn—or at least reduce the symptoms.



Use product only as directed.



## **Wear loose clothing.**

Tight-fitting clothes and accessories like belts can put extra pressure on the stomach and worsen heartburn.



## **Eat smaller meals.**

A full stomach can increase the chances of having heartburn. Try eating 6 small meals throughout the day instead of 3 large meals.



## **Chew sugarless gum for at least half an hour after eating.**

This helps produce extra saliva, which can ease the burning sensation in the throat from heartburn.



## **Sit upright for a while.**

Avoid lying down for at least 3 hours after eating. Lying down too soon could cause stomach acid to rise, leading to heartburn.



## **Drink herbal teas.**

A warm cup of herbal tea can help soothe upset stomachs and be used as a home remedy for heartburn. It can also soothe the burning sensation in the throat that heartburn can cause.



## **Avoid certain beverages.**

Stay away from carbonated beverages like soda and caffeinated drinks. These can trigger heartburn.



## **Try an acid reducer.**

If you experience occasional heartburn, ask your healthcare professional if PEPCID® may be right for you. PEPCID® can both prevent\* and relieve heartburn.

Get more tips to prevent and manage heartburn at [PEPCID.com](https://www.pepcid.com)

\*Original Strength PEPCID AC® and Maximum Strength PEPCID AC® can prevent heartburn when taken 15 to 60 minutes before a meal.

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