

# TAKE THE HEARTBURN OUT OF YOUR PREGNANCY



with **Mylanta\***

## SEND YOUR SYMPTOMS PACKING

Whether you're a first time parent or preparing for a repeat performance, the experience of being pregnant can be one of the happiest, most exciting times in your life.

Heartburn however, appears uninvited in up to 80% of pregnancies. Fortunately, **Mylanta\*** delivers fast, effective, long-lasting relief from both Heartburn and Indigestion and is suitable for use during pregnancy.

### HEARTBURN, INDIGESTION AND PREGNANCY

**HEARTBURN** is recognisable as a burning sensation in the chest, caused by the rising of acidic stomach contents up into the oesophagus (food pipe). It is sometimes accompanied by reflux — where the bitter fluid can actually reach the mouth. Heartburn and reflux are most common during the second and third trimesters as the enlarged uterus presses on the stomach, forcing acid into the oesophagus. Symptoms are generally worse at night, when lying down. During pregnancy, production of the hormones progesterone and oestrogen, increases significantly. These hormones have a relaxing effect on the intestinal tract, increasing the time taken to remove food from the stomach.

**INDIGESTION** occurs as a result of excess acid in the stomach, as it works hard to empty its contents. Symptoms can include bloating, mild nausea and a general feeling of fullness and discomfort.

### MYLANTA HEARTBURN – DUAL ACTION RELIEF

**Mylanta\* HEARTBURN RELIEF**, in both liquid and tablet form, provides fast, effective, long-lasting relief from both heartburn and indigestion, that is gentle to both you and your baby. The antacids in **Mylanta\* Heartburn Relief** quickly neutralise excess stomach acid, easing the bloating and discomfort of indigestion within minutes.

**Mylanta\* Heartburn Relief** also contains an alginate (rafting agent) which forms a gentle, protective layer on top of stomach contents to prevent acid rising into the oesophagus, providing soothing, long-lasting relief from the pain of heartburn.

The entire **Mylanta\*** range — including Original and Double Strength liquids and tablets, handy Rolltab packs, and Effervescent tablets, are suitable for use during your pregnancy.



**Mylanta\*** Rolltabs are perfect for the car, office or handbag and come in three great-tasting flavours: Peppermint, Spearmint and Fruit.



**Mylanta\*** Effervescent, the only effervescent tablet on the market, provides fast, effective relief from nausea and upset stomach in a great-tasting lemon drink.



However, within the **Mylanta\*** range, only **Mylanta\* Heartburn Relief** combines an antacid and an alginate to neutralise stomach contents and form a soothing, protective raft for long-lasting relief.



### 10 TIPS TO TAKE THE HEARTBURN OUT OF YOUR PREGNANCY

- 1. Maintain a healthy weight** — as extra weight places pressure on the stomach, aim to stay within the healthy weight gain range as advised by your obstetrician.
- 2. Avoid tight clothing**, especially around the stomach and waist.
- 3. Eat smaller, more frequent meals** — this places less strain on your digestive system, with the added benefits of boosting your metabolism and maintaining your energy levels throughout the day.
- 4. Eat smaller mouthfuls and chew food thoroughly** — to help reduce the amount of stomach acid required to digest each meal.
- 5. Avoid smoking** — you know the health risks to you and your baby, but did you know that smoking decreases your production of saliva (a key ingredient that helps clear acid in your foodpipe)?
- 6. Bend your knees!** — Instead of at your waist, to reduce pressure on your stomach — your back will also thank you for this one!
- 7. Hold your head up high** — raise the head of your bed by at least 10 - 15 cms at night. This uses gravity in your favour to reduce reflux into the oesophagus.
- 8. Avoid late dinners and bedtime snacks** — eating late can stimulate gastric acid production and aggravate a nighttime attack.
- 9. Avoid known trigger foods** — in particular, these can include: caffeine, onions, greasy or fatty foods, alcohol, tomatoes, chocolate, garlic and citrus products.
- 10. De-stress!** Emotional stress can place physical strain on the digestive system. You are busy creating another human being here - make sure you appropriately share the load of less important tasks (some office work, housework etc.) with others.

Always read the label. Use only as directed. If symptoms persist, see your healthcare professional. For further information, call our toll-free information service (from anywhere in Australia) on 1800-648-975.