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URL of this page: <https://medlineplus.gov/heartburn.html>

Heartburn

Also called: Acid indigestion, Pyrosis

Heartburn is a painful burning feeling in your chest or throat. It happens when stomach acid backs up into your esophagus, the tube that carries food from your mouth to your stomach.


If you have heartburn more than twice a week, you may have GERD [<https://medlineplus.gov/gerd.html>] . But you can have GERD without having heartburn.

Pregnancy, certain foods, alcohol, and some medications can bring on heartburn. Treating heartburn is important because over time reflux can damage the esophagus.



Over-the-counter medicines may help. If the heartburn continues, you may need prescription medicines or surgery.

If you have other symptoms such as crushing chest pain, it could be a heart attack [<https://medlineplus.gov/heartattack.html>] . Get help immediately.

Start Here

- Acid Reflux (GER and GERD) in Adults [<https://www.niddk.nih.gov/health-information/digestive-diseases/acid-reflux-gerd-adults>]  (National Institute of Diabetes and Digestive and Kidney Diseases)
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-digestivas/reflujo-gastrico-rge-enfermedad-por-reflujo-gastroesofagico-erge-adultos>]
- Heartburn [<https://familydoctor.org/condition/heartburn/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/condicion/acidez-estomacal-es/?adfree=true>]
- Heartburn [<https://www.mayoclinic.org/diseases-conditions/heartburn/symptoms-causes/syc-20373223?p=1>]
(Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/heartburn/symptoms-causes/syc-20373223?p=1>]

Diagnosis and Tests

- Esophageal pH Test [<https://medlineplus.gov/lab-tests/esophageal-ph-test/>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-ph-esofagico/>]
- Heartburn or Heart Attack: When to Worry [<https://www.mayoclinic.org/diseases-conditions/heartburn/in-depth/heartburn-gerd/art-20046483?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/heartburn/in-depth/heartburn-gerd/art-20046483?p=1>]
- Upper GI Series [<https://www.niddk.nih.gov/health-information/diagnostic-tests/upper-gi-series>]
 (National Institute of Diabetes and Digestive and Kidney Diseases)
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/pruebas-diagnosticas/transito-esofagogastroduodenal>]

Treatments and Therapies


- Antacids and Acid Reducers: OTC Relief for Heartburn and Acid Reflux [<https://familydoctor.org/antacids-and-acid-reducers-otc-relief-for-heartburn-and-acid-reflux/?adfree=true>] (American Academy of Family Physicians)

Also in Spanish [<https://es.familydoctor.org/antiacidos-y-reductores-de-acido-alivio-con-medicamentos-otc-para-la-acidez-estomacal-y-el-reflujo-acido/?adfree=true>]



Related Issues

- Globus [<https://iffgd.org/gi-disorders/upper-gi-disorders/globus/>] (International Foundation for Gastrointestinal Disorders)
- How Can I Deal with Heartburn during Pregnancy? [<https://kidshealth.org/en/parents/heartburn.html>]
Also in Spanish [<https://kidshealth.org/es/parents/heartburn.html>]
- Warning: Aspirin-Containing Antacid Medicines Can Cause Bleeding [<https://www.fda.gov/consumers/consumer-updates/warning-aspirin-containing-antacid-medicines-can-cause-bleeding>] (Food and Drug Administration)
Also in Spanish [<https://www.fda.gov/consumers/articulos-para-el-consumidor-en-espanol/advertencia-los-antiacidos-que-contienen-aspirina-pueden-causar-sangrado>]

Videos and Tutorials

- Heartburn [<https://medlineplus.gov/ency/anatomyvideos/000068.htm>]  (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/anatomyvideos/000068.htm>]

Clinical Trials


- ClinicalTrials.gov: Gastroesophageal Reflux [<https://clinicaltrials.gov/search?cond=%22Gastroesophageal+Reflux%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Heartburn [<https://clinicaltrials.gov/search?cond=%22Heartburn%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles



References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Exploratory analyses of meal-induced heartburn identify distinct clinical phenotypes of gastroesophageal... [<https://www.ncbi.nlm.nih.gov/pubmed/40693327>]
- Article: Clinical characteristics and risk factors of esophageal reflux hypersensitivity: A multicenter... [<https://www.ncbi.nlm.nih.gov/pubmed/40521267>]
- Article: Prospective uncontrolled clinical study shows rapid and long lasting relief of... [<https://www.ncbi.nlm.nih.gov/pubmed/40335653>]
- Heartburn -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Heartburn%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+2+Years%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29>]

Find an Expert

- American College of Gastroenterology [<https://gi.org>]
- National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>] 

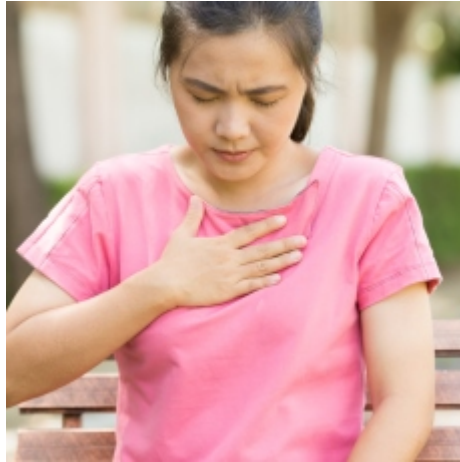
Children

- Reflux in Children: MedlinePlus Health Topic [<https://medlineplus.gov/refluxinchildren.html>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/refluxinchildren.html>]
- Reflux in Infants: MedlinePlus Health Topic [<https://medlineplus.gov/refluxininfants.html>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/refluxininfants.html>]

Patient Handouts

- Bland diet [<https://medlineplus.gov/ency/patientinstructions/000068.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000068.htm>]

- Heartburn [<https://medlineplus.gov/ency/article/003114.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003114.htm>]
- Taking antacids [<https://medlineplus.gov/ency/patientinstructions/000198.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000198.htm>]



MEDICAL ENCYCLOPEDIA

Bernstein test [<https://medlineplus.gov/ency/article/003897.htm>]

Bland diet [<https://medlineplus.gov/ency/patientinstructions/000068.htm>]

Heartburn [<https://medlineplus.gov/ency/anatomyvideos/000068.htm>]

Heartburn [<https://medlineplus.gov/ency/article/003114.htm>]

Heartburn - what to ask your doctor [<https://medlineplus.gov/ency/patientinstructions/000225.htm>]

Taking antacids [<https://medlineplus.gov/ency/patientinstructions/000198.htm>]

Related Health Topics

GERD [<https://medlineplus.gov/gerd.html>]

Indigestion [<https://medlineplus.gov/indigestion.html>]

National Institutes of Health

The primary NIH organization for research on *Heartburn* is the National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>]

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