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Gastroesophageal Reflux Disease in Pregnancy

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INTRODUCTION AND EPIDEMIOLOGY

Heartburn, or pyrosis, is the cardinal symptom of gastroesophageal reflux disease (GERD) and occurs in up to 80% of women during pregnancy.¹ Heartburn can occur during any trimester of the pregnancy. The onset of heartburn in pregnancy occurs in the first trimester in 22% to 52% of women, and the prevalence of heartburn increases with gestational age.^{2,3} Atypical symptoms of GERD such as cough, chest pain, and globus also occur with higher frequency than in the prepregnancy state.⁴ Because of the high prevalence of heartburn and GERD in pregnant women, special consideration should be given to the pathophysiology and management of heartburn and GERD during pregnancy.