

Forum:[Hack Forums](#)

Thread: [I've had severe heartburn since Christmas](#)

Chrome - January 7, 2025, 2:47 am

Hey guys, what are your heartburn remedies. Is there stuff that can help with heartburn long term besides diet?

I'm drinking 2L of water every night because I wake up multiple times to acid reflux.

RangoWorld - January 7, 2025, 2:55 am

I think you might have to check up with the gastroenterologist to properly address the underline issue.

That being said, for rather immediate relief try Gaviscon liquid. It helps with the heartburn.

Chrome - January 7, 2025, 2:57 am

(Jan 7, 2025 03:55 AM)RangoWorld Wrote: [\[CITE\]](#) I think you might have to check up with the gastroenterologist to properly address the underline issue.

That being said, for rather immediate relief try Gaviscon liquid. It helps with the heartburn. It's never really been an issue in the past, only the past couple of weeks. I'll cut back on my drinking and see how that goes. If not I'll go and see a doctor.

RangoWorld - January 7, 2025, 2:58 am

(Jan 7, 2025 03:57 AM)Chrome Wrote: [\[CITE\]](#) It's never really been an issue in the past, only the past couple of weeks. I'll cut back on my drinking and see how that goes. If not I'll go and see a doctor.

Try Gaviscon then. It's pretty popular and has worked for me whenever I have had heartburn.

Chrome - January 7, 2025, 2:59 am

(Jan 7, 2025 03:58 AM)RangoWorld Wrote: [\[CITE\]](#) Try Gaviscon then. It's pretty popular and has worked for me whenever I have had heartburn.

It hasn't been super constant but happens a few times per day.

RangoWorld - January 7, 2025, 3:02 am

(Jan 7, 2025 03:59 AM)Chrome Wrote: [\[CITE\]](#) It hasn't been super constant but happens a few times per day.

You probably had too much drink I guess. Something is off that's why you are getting heartburn and acid reflux. It's not a huge issue. I don't have this problem either. But in the past when I've had, again Gaviscon has helped me have a good night sleep.

I'm not a doctor though. Can't recommend anything more.

InspectorGadget - January 7, 2025, 6:15 am

(Jan 7, 2025 03:58 AM)RangoWorld Wrote: [\[CITE\]](#) Try Gaviscon then. It's pretty popular and has worked for me whenever I have had heartburn.

Just wanted to add - I fucking love Gaviscon, always keep a bottle at home because I am a bitch and don't tolerate heartburn ?

@OP - Defo get the liquid, it costs more but IMO is far more effective.

EDIT: Sharing the joke because there's no better time... "My friend Gav died from heartburn this morning. I can't believe Gaviscon."

RangoWorld - January 7, 2025, 7:10 am

(Jan 7, 2025 07:15 AM)InspectorGadget Wrote: [\[CITE\]](#) EDIT: Sharing the joke because there's no better time... "My friend Gav died from heartburn this morning. I can't believe Gaviscon."
Good one.

Everyone should have a bottle of Gaviscon in their home.

The Pact - October 19, 2025, 3:52 am

(Jan 7, 2025 03:47 AM)Chrome Wrote: [\[CITE\]](#) Hey guys, what are your heartburn remedies. Is there stuff that can help with heartburn long term besides diet?

I'm drinking 2L of water every night because I wake up multiple times to acid reflux.
Have you quit soft drinks yet?

Chrome - October 19, 2025, 4:20 am

(Oct 19, 2025 03:52 AM)The Pact Wrote: [\[CITE\]](#) Have you quit soft drinks yet?
Was alcohol. I've cut right back on my drinking as I've been focusing more on my health and fitness. I'm a competitive pickleball player and came second in the Australian Pickleball championships this year.

A while after I posted this thread (around may) I weighed myself for the first time and was disgusted with myself. Although I still played a lot of pickleball I was drinking and eating way too much shit and gained so much weight.

I made the decision to change my ways and fix the fuck up I had become. See this thread.
<https://hackforums.net/showthread.php?tid=6302336>

Heartburn hasn't been an issue since.