

# Tums (Calcium carbonate) basics

**Relieves heartburn.** Tums (Calcium carbonate) gives quick relief for heartburn, but does not last all day. Talk to your doctor or pharmacist about other medicines if you need additional relief.

## What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

	Hours	Days	Weeks	Months	Long term
<b>Tums (Calcium carbonate)</b> Drug effectiveness					
<b>Possible side effects†</b>					
<b>Headache</b>					
<b>Cramps</b>					
<b>Constipation</b>					
<b>Excessive gas</b>					

† Data on frequency of side effects is not available.

## Tips from pharmacists

- Take at the first sign of discomfort.
- You may need to separate Tums (Calcium carbonate) from some medicines to avoid interactions. Talk to your doctor or pharmacist about all the medicines you're taking, including prescription, supplements, and over the counter medicines.
- Eating smaller, more frequent meals can help alleviate some symptoms of heartburn.
- Certain spicy or fatty foods increase your risk of heartburn. Talk to your doctor or pharmacist to find out which foods you should avoid.
- Avoiding eating 3 hours before bedtime can also help prevent heartburn.
- If heartburn doesn't improve or lasts more than 2 weeks, talk to your doctor.