



## BASIC INFORMATION

### DESCRIPTION

Inflammation of the stomach lining. Inflammation causes pain, swelling, redness, and heat. Gastritis may start as a sudden attack, or develop slowly over a period of time.

### FREQUENT SIGNS AND SYMPTOMS

- Stomach pain and cramps.
- Black stool or bloody vomit due to stomach bleeding.
- Appetite loss.
- Fever.
- Weakness.
- Swollen stomach.
- Sharp, dull, or annoying pain in the chest.
- Acid taste in the mouth.
- Mild nausea and diarrhea (rare).
- Belching or gas.

### CAUSES

The inflammation is a reaction to injury, infection, or irritation of the stomach lining. It can be brought on by a number of different factors. Sometimes the cause is unknown.

### RISK INCREASES WITH

- Drinking too much alcohol.
- Use of nonsteroidal anti-inflammatory drugs such as aspirin or ibuprofen.
- Illness that has weakened the body.
- Surgery and being in the hospital for other problems.
- Serious injury or severe burns.
- Smoking.
- The presence of a bacteria in the stomach.
- Pernicious anemia, immune problems, and chronic bile reflux.

### PREVENTIVE MEASURES

- Eat and drink moderately.
- Don't skip meals or eat irregularly.
- Avoid foods you find hard to digest.
- Don't smoke.
- Avoid drugs that irritate your stomach, if possible.

### EXPECTED OUTCOMES

Usually can be cured in several days with treatment, and if the cause is taken away.

### POSSIBLE COMPLICATIONS

Bleeding is an uncommon but dangerous complication, especially in the elderly.



## DIAGNOSIS & TREATMENT

### GENERAL MEASURES

- Your health care provider will do a physical exam and ask questions about your symptoms. Diagnosis is made by examining the stomach through a tube passed down the throat to the stomach. A small amount of tissue may be taken for a test. Blood and stool tests may be done.
- Goals of treatment are to relieve the symptoms and get rid of the gastric irritant or other cause.
- Smoking and alcohol drinking should be stopped. Your health care provider can help you find the plan that will work for you.
- A hospital stay may be necessary if extreme bleeding occurs.

### MEDICATIONS

- Drugs are usually prescribed to reduce stomach acid. Acid irritates the stomach lining.
- Take acetaminophen for minor pain. Don't use aspirin.
- Other drugs, such as antibiotics for infection, may be prescribed.
- A drug you take may be causing the problem. Your health care provider may stop the drug, change the dose, or prescribe a new drug.

### ACTIVITY

Resume normal activities as soon as symptoms improve.

### DIET

Don't eat solid food on the first day of the attack. Drink liquids often, preferably milk or water. Resume a normal diet slowly. Avoid hot and spicy foods, alcohol, coffee, and acidic foods until symptoms are gone.



### NOTIFY OUR OFFICE IF

- You or a family member has symptoms of gastritis.
- You vomit blood.
- Bowel movements become black or tarry.
- Pain becomes severe.
- Signs of dehydration, such as a dry mouth, wrinkled skin, excess thirst, or decreased urination, develop.

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Special notes:

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