



Gastritis

MU Patient Education Series

Definition:

Gastritis is the swelling and inflammation of the stomach lining. Typically, a bacterium causes this irritation. Some cases lead to stomach ulcers, but most can be controlled and treated.

CAUSES:

Gastritis occurs when the lining of your stomach is weakened. The lining may be weakened by bacteria or by other factors such as substance abuse, old age, stress, regular use of certain pain relievers or excessive caffeine consumption. Sudden trauma or injury may also cause gastritis.

SIGNS/SYMPTOMS:

In many cases of gastritis, there are no symptoms. But, when symptoms are present, they include:

- Burning stomach pains
- Indigestion
- Nausea
- Vomiting
- Loss of appetite
- Pain in the upper part of the abdomen

DIAGNOSIS/TESTS:

In order to test for gastritis, your physician will likely conduct one or more of the following diagnostic tests:

- Complete blood count
- EGD to scope your stomach
- *H. Pylori* test to determine if there is bacteria in your stomach
- Stool test
- X-Ray of your digestive system



TREATMENT/CARE:

Treatment for gastritis depends on its cause. Some possible treatment methods may include:

- Antibiotics to kill the bacteria
- Stopping pain relievers such as Advil or aspirin
- Antacids
- Avoiding stomach irritants
- Avoiding factors that increase stomach acid
- Proton pump inhibitors such as Protonix®, Prevacid® and other prescription and over-the-counter medications
- Eating smaller meals
- Avoiding alcohol
- Attempting to manage your stress

PREVENTION:

The best way to prevent gastritis is to avoid stomach-irritating factors such as alcohol, caffeine and anti-inflammatory medications.

- Wash your hands with soap and water frequently
- Eat foods that have been completely cooked

CALL YOUR HEALTHCARE PROVIDER IF:

Gastritis can be a painful condition, but it can be managed and treated. If your condition does not improve after treatment, be sure to contact your physician. You must also contact your physician if you are experiencing any of the following symptoms:

- High fever
- Abdominal swelling
- Chest pain
- Vomiting
- Black stools
- Persisting upper abdominal pain

DISCLAIMER:

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