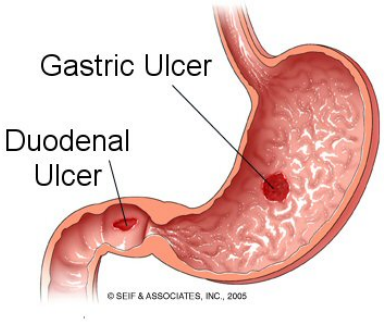
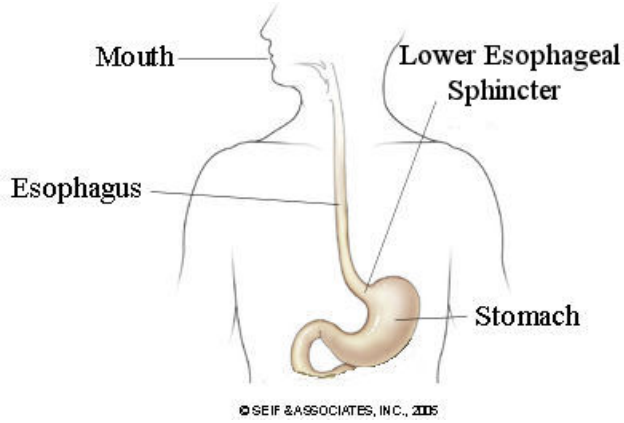
Peptic Ulcers

Ulcers are small, open, and painful sores that develop in the stomach (*gastric ulcer*) or upper part of the small intestine (*duodenal ulcer*). The terms peptic ulcer describes both types of ulcers. They cause sharp or burning stomach pain.



HOME CARE

- Quit smoking if you smoke.
- Avoid alcohol, aspirin, and other drugs that lessen puffiness and soreness (*anti-inflammatory drugs*).
- Eat regular, healthy meals.
- Avoid foods that bother you.
- Take all medicine as directed by your doctor. If your doctor prescribed an antacid, **do not** switch brands without your doctor's approval.



GET HELP RIGHT AWAY IF:

- You see bright red blood in your throw up (*vomit*).
- You have bloody or tarry, black looking poop (*stool*).
- You feel weak, tired, or pass out (*faint*).
- You have sudden, intense belly (*abdominal*) pain.
- You have intense pain and throw up repeatedly.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 03/14/2011
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