Gastrointestinal Bleeding

You are loosing blood into your bowel. This may be found by a stool blood test called Hemoccult. It can also be seen as a very dark bloody or tarry stool. It may be seen as vomiting bright red or coffee ground appearing blood. Intestinal bleeding can be caused by many different problems. These may include:

- Gastritis, peptic ulcer, or bleeding due to anti-inflammatory medicine.
- Diverticulosis
- Colon tumors
- Severe diarrhea.
- Colitis
- Hemorrhoids
- Anal fissures.

Treatment depends on finding the cause of the bleeding. Aspirin and other anti-inflammatory medicines can cause intestinal bleeding in some people. Avoid these medicines. Diagnosis may require special x-rays or endoscopy to find the source of the bleeding. In general, you should avoid strenuous activities and eat a high fiber diet with extra fluids to keep your stool soft. Medications to block stomach acid, control diarrhea or reduce pain may be needed. Avoid alcohol and tobacco.

SEEK IMMEDIATE MEDICAL CARE IF YOU HAVE:

- Fainting.
- Severe weakness.
- Dizziness, fainting or shortness of breath.
- Vomiting of blood.
- Passing large amounts of bloody or tarry stool.

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