Gas
(Flatulence)

Burping releases air that you swallowed. The bubbles from some drinks may cause burps. There are good bacteria in your gut to help you digest food. Gas is produced by these bacteria and released from your bottom. Most people release 3 to 4 quarts of gas every day. This is normal.

HOME CARE

- Eat or drink less of the foods or liquids that give you gas.
- Foods that give you gas may be added to your diet a little at a time.
- Take the time to chew your food well. Talk less while you eat.
- **Do not** suck on ice or hard candy.
- Sip slowly. Stir some of the bubbles out of fizzy drinks with a spoon or straw.
- Chewing gum or smoking may cause you to swallow more air.
- Ask about liquids and tablets that may help control burping and gas.
- Only take medicine as directed by your doctor.

GET HELP RIGHT AWAY IF:

- There is discomfort when you burp or pass gas.
- Your throw up (*vomit*) comes up when you burp.
- Poop (*stool*) comes out when you pass gas.
- Your belly is swollen and hard.

MAKE SURE YOU:

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

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