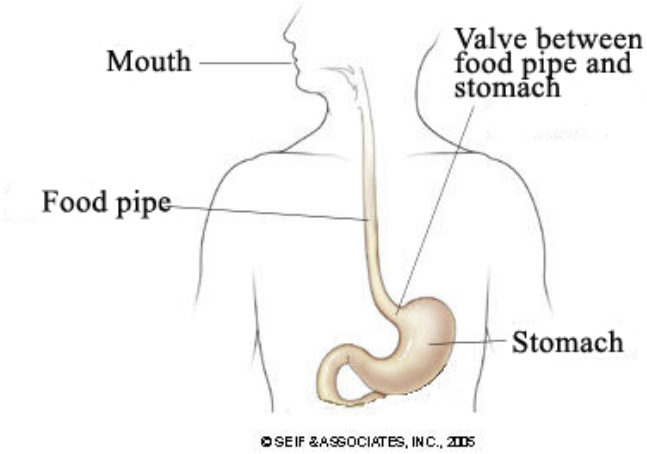
Gastritis
(Vomiting, Upset Stomach)

Gastritis is an irritation of the stomach. It can be caused by anything that bothers the stomach. Some irritants include:

- Alcohol.
- Caffeine.
- Nicotine.
- Spicy, acidic, greasy, and fried foods.
- Medicines for pain and arthritis.
- Emotional distress.



HOME CARE

- Only take medicine as told by your doctor.
- Adults should take sips of small amounts of fluids often. **Do not** drink large amounts of fluid at one time. This may make you feel more sick to your stomach (*nauseous*).
- Drink enough water and fluids to keep your pee clear or pale yellow.
- Drink clear liquids only.
- Once you can keep clear liquids down, you may start soups, juices, apple sauce, crackers, and sherbet. Slowly add plain, not spicy, foods to your diet.

GET HELP RIGHT AWAY IF:

- You cannot keep fluids down.
- You cannot stop throwing up (*vomiting*) or you throw up blood.
- You have more stomach or chest pain.
- You have a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- You pass out (*faint*), feel lightheaded, or are more thirsty than normal.
- You have bloody or black poop (*stools*).
- Your watery poop (*diarrhea*) will not go away.
- You are not improving or are getting worse.

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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