Gastritis

Gastritis is an irritation of the stomach. This is often caused by medications, but can be from anything that bothers the stomach.
Other stomach irritants are:

- Alcohol.
- Caffeine.
- Nicotine.
- Spicy or acid foods.
- Medications for pain and arthritis. **Aspirin and other anti-inflammatory medicines such as ibuprofen (Advil), naproxen (Aleve), and ketoprofen (Orudis) can be highly irritating**.
- Emotional distress.

Symptoms of gastritis may include:

- Abdominal pain.
- Indigestion.
- Nausea and or vomiting.
- Bleeding.

Some patients with chronic gastritis and ulcers have been infected by a germ. They may need special testing. Medications which kill germs can be used to cure this condition.

Treatment includes avoiding the substances mentioned above that are known to cause stomach trouble. Medications used to treat gastritis can include:

- Antacids.
- Medicines to control vomiting.
- Acid blocking medicines.

Symptoms of gastritis usually improve within 2-3 days of starting treatment. Call your caregiver if you are not better in a few days.

SEEK MEDICAL CARE IF YOU:

- Have increased stomach or chest pain.
- Vomit blood.
- Faint or feel light headed.
- Can not keep fluids down.
- Pass bloody or black stools.
- Develop severe back pain.

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: 12/18/2006 Document Re-Released: 03/16/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.