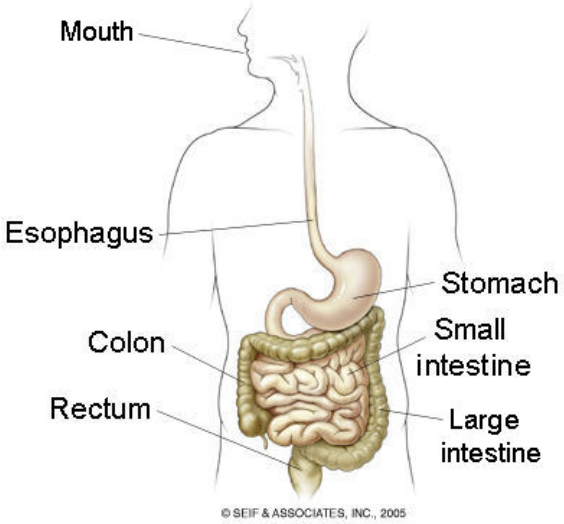
Gastrointestinal Bleeding

Bleeding in the gastrointestinal (GI) tract will come out when you throw up (*vomit*) or poop. Treatment will depend on how fast the blood is flowing, where it is coming from and the cause. A small amount of bleeding that stops on its own may not need any treatment.



HOME CARE

- **Do not** drink any alcohol (liquor).
- **Do not** eat things that upset or bother your stomach or give you heartburn (burning in the chest).
- Limit your activity and rest (take it easy).
- **Do not** smoke. Smoking may make your problems worse.
- Wash your hands or use sanitizer every time you use the bathroom. Some GI bleeding is caused by germs.
- Only take medicine as directed by your doctor.

GET HELP RIGHT AWAY IF:

- What you throw up looks like coffee grounds or is dark or bright red.
- Your poop is dark black or tarry. You see blood in the toilet.
- You feel weak, dizzy and short of breath.
- You breath fast and have a fast heart rate.
- You have bad stomach pain or cramping.

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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