

# Gastritis

Gastritis is irritation and swelling of the lining of the stomach. This can last a short time or be a long term problem.

## Signs

- Stomach pain
- Bloating and burping
- Nausea or vomiting

## Causes

- Some medicines
- Too much stomach acid
- Drinking alcohol
- Eating too much or eating hot and spicy foods
- Smoking and tobacco use

## Your Care

Diet changes and medicines may be needed for gastritis.

- Take your medicines as directed.
- Eat only clear liquids and bland food like toast until you feel better.
- Resume your normal diet slowly. Eat small amounts at a time.
- Follow up with your doctor.

To prevent future problems:

- Avoid spicy food, foods high in acid like grapefruit, or any food that bothers your stomach.

- Avoid drinks with alcohol or caffeine, like tea, coffee and colas.
- Eat smaller portions at meals. Do not overeat or skip meals.
- Quit or reduce smoking and tobacco use.

**Call your doctor right away if you:**

- Have vomit that is bloody or dark brown.
- Have blood in your stool or black stool.
- Are too weak and dizzy to stand up.
- Have very bad stomach pain.
- Have a temperature over 100.5 degrees F or 38 degrees C.
- Have pain or vomiting that lasts for more than several hours.

**Talk to your doctor or nurse if you have any questions or concerns.**