



Gastritis

Information for patients from the Trust's Endoscopy Units

Your gastroscopy has shown you have a condition called **gastritis**, which is an inflammation in your stomach.

What causes gastritis?

There are several causes of gastritis. It is commonly caused by a “bug” which lives in the stomach lining called *Helicobacter pylori* (*H. pylori*). It may also be caused by smoking or drinking a lot of alcohol.

Other causes may be prolonged use of Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) such as ibuprofen, diclofenac, naproxen, or aspirin or by chronic bile reflux.

What are the symptoms of gastritis?

Gastritis may cause none or very few symptoms. Some people experience symptoms including indigestion, nausea (feeling sick), a bloated feeling after eating, or vague stomach pains.

Gastritis can be mild to severe, and can affect anything from one small area of your stomach to your entire stomach lining.

What treatments are available?

The treatment you are given will depend on the suspected cause of your gastritis. Generally treatment involves antacids and other medications aimed at reducing acid in your stomach, relieving symptoms and promoting healing of your stomach lining.

- If you smoke, stopping or cutting down will greatly improve it.
- If the cause is thought to be *Helicobacter pylori*, the results of the biopsy taken during your test will confirm this. If the result is positive, you will be given a course of medication to get rid of the bug.
- If you are taking pain relief in the form of aspirin or another NSAID, you should discuss this with your GP to see if there is an alternative drug you could take.
- If you take aspirin for general aches and pains, use paracetamol instead.
- If the cause is due to bile refluxing in to your stomach from the small intestine, you may be prescribed medication to help reduce this.



Simple lifestyle changes may help to improve or cure your gastritis. You should consider things such as:

- **stopping smoking**
- **stopping or reducing the amount of alcohol** you drink, as well as reducing the amount of caffeine you take in tea, coffee, and fizzy drinks; and
- **eating a healthy diet** and avoiding foods that you find hard to digest (for example spicy foods).

Once the cause of the gastritis is found and treated (or eradicated) the gastritis will clear, and your stomach wall will return to normal.

Any further questions?

Please phone the **Endoscopy Unit**. The units are open Monday to Sunday 8am to 6pm.

- William Harvey Hospital, Ashford Telephone: 01233 61 62 74
- Kent and Canterbury Hospital, Canterbury Telephone: 01227 78 30 58
- Queen Elizabeth the Queen Mother Hospital, Margate Telephone: 01843 23 43 70

If you have any questions between 6pm and 8am Monday to Sunday then contact the **Emergency Department** on:

- William Harvey Hospital, Ashford Telephone: 01233 61 62 07
- Queen Elizabeth the Queen Mother Hospital, Margate Telephone: 01843 23 50 30

A short film outlining what patients can expect when coming to hospital for an endoscopy is available on the East Kent Hospitals web site www.ekhufft.nhs.uk/endoscopy/

Our units are regularly inspected and audited; please ask if you want any information about our performance standards. You can also visit www.patientopinion.co.uk

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhufft.nhs.uk/patientinformation