



Gastritis

Information for patients from the Trust's Endoscopy Units

Your gastroscopy has shown you have a condition called gastritis. This leaflet explains:

- what gastritis is
- what causes the condition, and
- what the symptoms and treatments are.

If you have any questions after reading this leaflet, please contact one of the Endoscopy Units.

What is gastritis?

Gastritis is when the lining of your stomach becomes irritated (inflamed).

What causes gastritis?

There are several causes of gastritis.

- It is commonly caused by a "bug", which lives in the stomach lining. This "bug" is 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). These include ibuprofen, diclofenac, naproxen, or aspirin.
- It can also be caused by chronic bile reflux.

What are the symptoms of gastritis?

Gastritis may cause none or very few symptoms. Some people however, experience the following symptoms:

- indigestion
- nausea (feeling sick)

- a bloated feeling after eating, or
- vague stomach pains.

Gastritis can be mild to severe. It 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.

- Treatment usually involves taking antacids and other medications. These aim to reduce the acid in your stomach, relieve your symptoms, and help your stomach lining to heal.
- If the cause is thought to be *Helicobacter pylori*, the results of the biopsy taken during your gastroscopy 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 a NSAID, speak with your GP to see if there is an alternative 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 cutting down will greatly improve your gastritis.
- Stopping or reducing the amount of alcohol you drink.
- Reducing the amount of caffeine you take in tea, coffee, and fizzy drinks.
- Eating a healthy diet and avoiding foods that you find hard to digest, for example spicy foods.

Once the cause of your gastritis is found and treated, the gastritis will clear. 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.

- Kent and Canterbury Hospital, Canterbury
Telephone: 01227 783058
- Queen Elizabeth the Queen Mother (QEQM) Hospital, Margate
Telephone: 01843 234370
- William Harvey Hospital, Ashford
Telephone: 01233 616274

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

- Queen Elizabeth the Queen Mother (QEQM) Hospital, Margate
Telephone: 01843 235030
- William Harvey Hospital, Ashford
Telephone: 01233 616207

Our units are regularly inspected and audited. Please ask if you want any information about our performance standards. You can also visit the Care Opinion web site (<https://www.careopinion.org.uk/>).

Further information

- East Kent Hospitals. **Gastroscopy**. Patient leaflet. (<https://leaflets.ekhuft.nhs.uk/gastroscopy/>)

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring 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 has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

Reference number: EKH016

First published:
January 2002

Last reviewed:
February 2025

Next review date:
June 2028

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