Do you want to know?

Gastritis

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What is it?

Gastritis is an inflammation of the gastric mucosa (lining cavity of the stomach). It is one of the most common problems affecting the stomach. Gastritis may be acute (lasting several hours to a few days) or chronic (resulting from repeated exposure to irritating agents or recurrent episodes of acute gastritis). Causes of gastritis include: bacterial contamination of food or water, alcohol intake, overuse of aspirin and non steroidal anti-inflammatory drugs (NSAID), and radiation therapy.

What do you need to know?

Drugs

- Take medications as prescribed by your physician.
- Avoid the use of non steroidal anti-inflammatory drugs (NSAIDS) including aspirin. It enhances gastric bleeding.

Diet

- Avoid intake of caffeinated beverages. Caffeine increases gastric secretions that cause pain.
- Avoid spicy, irritating, or highly seasoned food and alcohol intake. They stimulate acid secretion and delay healing.

Therapeutic Measures

Follow safe food handling and preparation measures:

- Wash hands before handling food.
- Keep meat, fish, poultry, mayonnaise and cream-filled food refrigerated.
- Wash hands and utensils after contact with uncooked meat or poultry.
- Do not leave cooked food unrefrigerated for more than 2 hours.
- Avoid slow cooling of meat and poultry.
- Freeze or refrigerate leftovers promptly.

Considerations

- Stop smoking. Nicotine reduces the secretion of pancreatic bicarbonate which neutralizes gastric acid.
- Avoid stressful situations. It increases acid secretion.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

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