

Dyspepsia

Gastroenterology: Endoscopy Unit
New Cross Hospital and Cannock Chase Hospital

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

The aim of this leaflet is to explain the symptoms of Dyspepsia, how it occurs and the causes, along with what you can do to help control Dyspepsia.

What is Dyspepsia?

Dyspepsia is a term which includes a group of symptoms that come from a problem in your upper gastrointestinal tract. The upper gastrointestinal tract includes the oesophagus, stomach, and duodenum.

What are the symptoms of Dyspepsia?

The main symptom of dyspepsia is usually pain or discomfort in the upper abdomen.

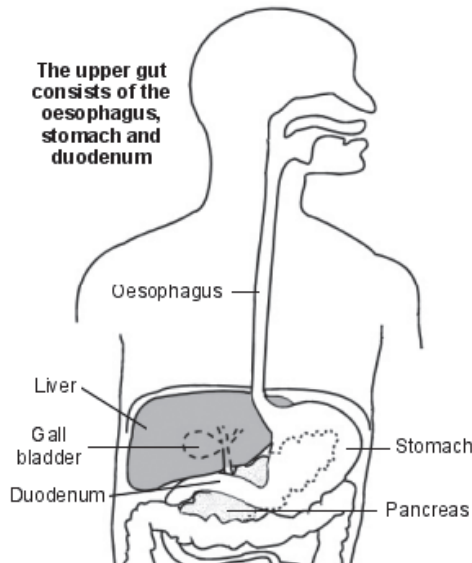
In addition, other symptoms that may also develop include:

- Heartburn or reflux (a burning sensation felt in the lower chest area), also known as gastro-oesophageal reflux disease (GORD)
- Bloating
- Belching
- Quickly feeling 'full' after eating, feeling sick (nausea) or vomiting

Symptoms are often related to eating and can occur in 'bouts' which come and go, rather than being present all the time. Most people with intermittent dyspepsia can control their symptoms with over the counter antacids. However, some people have frequent bouts of dyspepsia which affects their quality of life and may need further investigations and regular medications to control the symptoms.

Understanding digestion of the upper gastrointestinal tract

Food passes down the oesophagus (gullet) into the stomach. The stomach makes acid which helps to digest food. Food then passes gradually into the duodenum (the first part of the small intestine).



What causes Dyspepsia?

Most cases of dyspepsia are due to non-ulcer dyspepsia, a condition in which people typically experience pain in the upper abdomen but no cause for the pain is found. In most cases invasive investigations are not required and simple measures described below are sufficient to treat the symptoms. In some cases dyspepsia can be due to inflammation or ulceration of the stomach or small bowel.

What can be done if you have Dyspepsia?

Lifestyle changes are very important and often simple measures can lead to symptom relief without the need for long term medications.

These include:

- Losing weight
- Giving up smoking
- Reducing the amount of alcohol, tea and coffee you consume
- Avoiding food that trigger the symptoms
- Eating a balanced, healthy diet and increasing the amount of exercise you do
- Eating smaller regular meals rather than two to three large meals per day and not eating too late at night
- In the case of reflux, avoiding bending or stooping and raising the head end of the bed when sleeping may also help

Certain medications such as aspirin and pain killers such as Ibuprofen can cause dyspepsia. It is important to discuss with your doctor whether you need to remain on these medications.

In some cases these measures alone are not successful and we may need to consider the following:

- An antacid medication to neutralise the acid in your stomach
- Testing for *Helicobacter pylori* (a bacterium commonly found in the stomach but only causes inflammation and ulceration in some people) and treating if it is present

If the above measures do not improve the symptoms or your doctor is concerned about your symptoms then they may refer you to a specialist.

Additional information from:

Guts UK

The Charity for the Digestive System.

3 St Andrews Place

London

NW1 4LB

Tel: 020 7486 0341

Email: info@gutscharity.org.uk

<https://gutscharity.org.uk/>

PALS

(Patient Advisory & Liaison Services)

Patient Information Centre

New Cross Hospital

Wolverhampton

WV10 0QP

Telephone: 01902 695362

Email: rwh-tr.pals@nhs.net

www.pals.nhs.uk

Open: Monday to Friday - 9am until 5pm

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。