

## Treating Gastritis



Your healthcare provider will evaluate you to find out the cause of your symptoms. This may include a review of your health history, a physical exam, and some tests. Treatment can start when the cause of your gastritis is found. Treatment may include taking certain medicines and making some lifestyle changes. Follow your healthcare provider's advice.

### Taking medicines

Your healthcare providers may prescribe medicines to neutralize or reduce extra stomach acids. These may include antacids, H2 blockers, and proton pump inhibitors. Sometimes a medicine is prescribed to help the stomach's protective lining. If tests show that *H. pylori* are in your stomach lining, antibiotics may be prescribed even if you don't have symptoms. *H. pylori* are a type of bacteria that can cause gastritis. Some types of gastritis can cause low vitamin levels. For these, you may need to take supplements.



### Staying away from certain things

Be sure to stay away from:

- **Aspirin.** Don't take aspirin or other NSAIDs (nonsteroidal anti-inflammatory drugs) such as ibuprofen. They can irritate your stomach lining. Also check with your healthcare provider before taking or stopping any medicines.
- **Spicy foods and caffeine.** Stay away from foods made with spices, especially black pepper. Caffeine can also make your symptoms worse. Don't have coffee, tea, cola drinks, or chocolate. Tell your healthcare provider about any other foods or liquids that bother your stomach.
- **Tobacco and alcohol.** Don't use tobacco or drink alcohol. Tobacco and alcohol can increase stomach acids and make your gastritis symptoms worse. They can make gastritis harder to heal.

### Reducing your stress

Stress may make your gastritis symptoms worse. Whenever you can, reduce the stress in your life. One way to do this is exercise. But talk to your healthcare provider first. Also try to get enough sleep. Aim for at least 8 hours a night.

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