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## Gas

**Also called:** Belch, Burp, Eructation, Flatulence, Flatus

Everyone has gas. Most people pass gas 13 to 21 times a day. Passing gas through the mouth is called belching or burping. Passing gas through the anus is called flatulence. Most of the time gas does not have an odor. The odor comes from bacteria in the large intestine that release small amounts of gases that contain sulfur.

Gas in the digestive tract comes from two sources: air that you swallow and the breakdown of undigested food by bacteria in the large intestine. Certain foods may cause gas. Foods that produce gas in one person may not cause gas in another.

You can reduce the amount of gas you have by:

- Drinking lots of water and non-fizzy drinks
- Eating more slowly so you swallow less air when you eat
- Avoiding milk products if you have lactose intolerance [<https://medlineplus.gov/lactoseintolerance.html>]

Medicines can help reduce gas or the pain and bloating caused by gas. If your symptoms still bother you, see your health care provider.

*NIH: National Institute of Diabetes and Digestive and Kidney Diseases*

## Start Here

- Belching, Bloating and Flatulence [<https://gi.org/topics/belching-bloating-and-flatulence/>] (American College of Gastroenterology)  
Also in Spanish [<https://gi.org/patients/recursos-en-espanol/eructos-distension-abdominal-y-flatulencia/>]
- Gas in the Digestive Tract [<https://www.niddk.nih.gov/health-information/digestive-diseases/gas-digestive-tract>]  
 (National Institute of Diabetes and Digestive and Kidney Diseases)  
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-digestivas/gas-tubo-digestivo?dkrd=/health-information/informacion-de-la-salud/enfermedades-digestivas/gas-tracto-digestivo>]

## Treatments and Therapies

- Treatment of Gas [<https://iffgd.org/gi-disorders/symptoms-causes/intestinal-gas/treatment/>]  
(International Foundation for Gastrointestinal Disorders)

## Living With

- Foods Likely to Cause Gas [<https://iffgd.org/gi-disorders/symptoms-causes/intestinal-gas/foods-that-may-cause-gas/>]  
(International Foundation for Gastrointestinal Disorders)

## Clinical Trials

- ClinicalTrials.gov: Flatulence [<https://clinicaltrials.gov/search?cond=%22Flatulence%22&aggFilters=status:not%20rec>]  
 (National Institutes of Health)

# Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Food passageway-related sequelae in the RefluxStop prospective multicenter trial: patient-centric outcomes... [https://www.ncbi.nlm.nih.gov/pubmed/40542141]
- Article: Belching, bloating, and flatulence: pitfalls and challenges in evaluating and managing... [https://www.ncbi.nlm.nih.gov/pubmed/40439103]
- Article: Rummation Syndrome, Supragastric Belching, and Abdominophrenic Dyssynergia: How to Diagnose and... [https://www.ncbi.nlm.nih.gov/pubmed/40072645]
- Gas -- see more articles [https://pubmed.ncbi.nlm.nih.gov/?term=%22Flatulence%22%5Bmajr%5D+OR+%22Eructation%22%5Bmajr%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+2+Years%22+%5Bedat%5D]

## Reference Desk

- Your Digestive System and How It Works [https://www.niddk.nih.gov/health-information/digestive-diseases/digestive-system-how-it-works]  (National Institute of Diabetes and Digestive and Kidney Diseases)  
Also in Spanish [https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-digestivas/aparato-digestivo-funcionamiento]

## Find an Expert

- Find a Gastroenterologist (GI Doctor) [https://gi.org/patients/find-a-gastroenterologist/] (American College of Gastroenterology)
- National Institute of Diabetes and Digestive and Kidney Diseases [https://www.niddk.nih.gov] 

## Children

- Burping Your Baby [https://kidshealth.org/en/parents/burping.html] (Nemours Foundation)  
Also in Spanish [https://kidshealth.org/es/parents/burping.html]
- What's a Fart? [https://kidshealth.org/en/kids/fart.html] (Nemours Foundation)  
Also in Spanish [https://kidshealth.org/es/kids/fart.html]
- Why Do I Burp? [https://kidshealth.org/en/kids/burp.html] (Nemours Foundation)  
Also in Spanish [https://kidshealth.org/es/kids/burp.html]

## Patient Handouts

- Abdominal bloating [https://medlineplus.gov/ency/article/003123.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/article/003123.htm]
- Belching [https://medlineplus.gov/ency/article/003080.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/article/003080.htm]
- Bland diet [https://medlineplus.gov/ency/patientinstructions/000068.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/patientinstructions/000068.htm]
- Gas - flatulence [https://medlineplus.gov/ency/article/003124.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/article/003124.htm]



## MEDICAL ENCYCLOPEDIA

Abdominal bloating [<https://medlineplus.gov/ency/article/003123.htm>]

Belching [<https://medlineplus.gov/ency/article/003080.htm>]

Bland diet [<https://medlineplus.gov/ency/patientinstructions/000068.htm>]

Gas - flatulence [<https://medlineplus.gov/ency/article/003124.htm>]

## Related Health Topics

Abdominal Pain [<https://medlineplus.gov/abdominalpain.html>]

Digestive Diseases [<https://medlineplus.gov/digestivediseases.html>]

Stomach Disorders [<https://medlineplus.gov/stomachdisorders.html>]

## National Institutes of Health

The primary NIH organization for research on *Gas* is the National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>]

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