

# NIPAWIN HOSPITAL

## GASTRITIS - GASTROENTERITIS

### DESCRIPTION:

Gastritis is an inflammatory disorder that may result from any of the following: certain drugs, Chemical irritation from gastric acid or bile bacteria, ingestion of spicy foods or fluids at extreme temperatures.

### INSTRUCTIONS:

- Bath or shower as usual.
- Avoid items that precipitated attack if possible.
- Soft Bland diet for a few weeks.
- Chew slowly and well.
- Avoid stress at mealtime.
- Have an adequate fluid intake.
- Exercise to tolerance, avoid fatigue.
- Avoid taking salicylate such as Aspirin.
- Avoid taking over the counter medication without checking with your physician.

### SYMPTOMS OF REOCCURRENCE TO REPORT TO YOUR PHYSICIAN:

- Prolonged epigastric pain
- Cramps
- Severe nausea and vomiting

Contact your physician if there are any problems.