

GASTROPARESIS

August is Gastroparesis Month



WHAT IS GASTROPARESIS?

Gastroparesis is a motility disorder where the stomach does not empty food as quickly as it should. Motility describes the movement of food and fluids through the gastrointestinal (GI) tract. GP has a significant impact on GI tract motility and is a debilitating condition. The resulting symptoms with GP can vary from mild to severe and in some patients can be life-threatening due to secondary conditions such as malnutrition

SIGNS AND SYMPTOMS

- Abdominal pain
- Nausea or vomiting
- Early satiety
- Reflux
- Regurgitating
- Unintentional weight loss

TREATMENT



DIETARY CHANGES

Eat smaller meals more frequently, chew your food thoroughly, and eat well-cooked fruits and veggies rather than raw.



MEDICATION

Talk to your doctor to see if you should be prescribed medication to either stimulate the stomach muscles or control nausea and vomiting.



SURGICAL TREATMENT

In the most severe cases, some people with gastroparesis may be unable to tolerate any food or liquids. In these situations, doctors may recommend a feeding tube be placed in the small intestine