

The Secrets of your Indigestion

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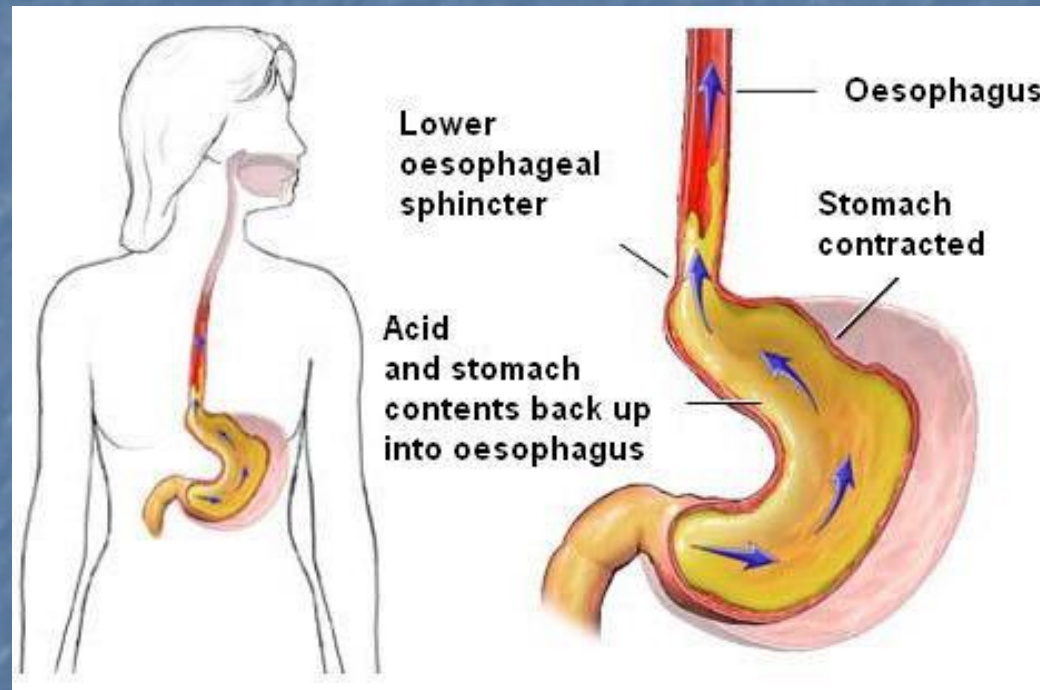
What is indigestion?

- A symptom triggered by food/liquid
- Usually that symptom occurs soon after food
- Sometimes the symptom may not occur for

Some time after food/liquid

Typical Indigestion Symptoms

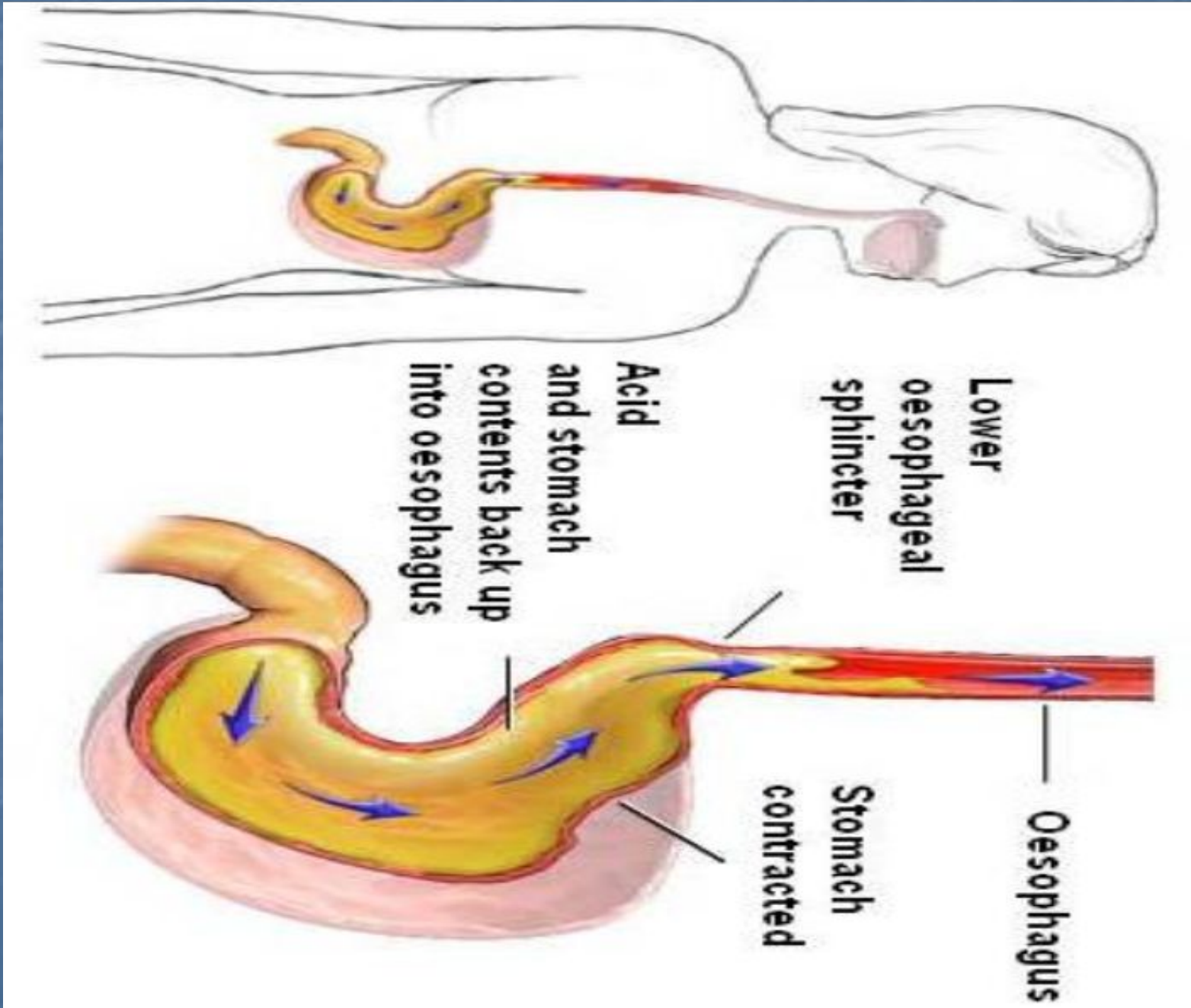
- Heartburn/Chest pain/Back pain
- Belching
- Upper abdominal pain
- Bloating



Heartburn

- The reflux of acid up into chest
- Pain usually feels burning – front of chest
- Pain may occur in centre of back
- Worse after heavy/rich meals
- Worse if eat late
- Worse if eat and then stoop (gardening)
- Worse when flat at night

- Laying flat after a big meal means the stomach is full of acid and food and can reflux into your chest



Avoiding Heartburn

- Don't eat and then slouch
 - Avoid late meals AND snacks
 - When bending keep your back straight
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- Alcohol with care
 - Avoid caffeine
 - Avoid cheese
 - Avoid chocolate
 - Care with rich/fatty foods
 - Sleep upright
 - Swig some gaviscon before bed

How can you treat your heartburn?

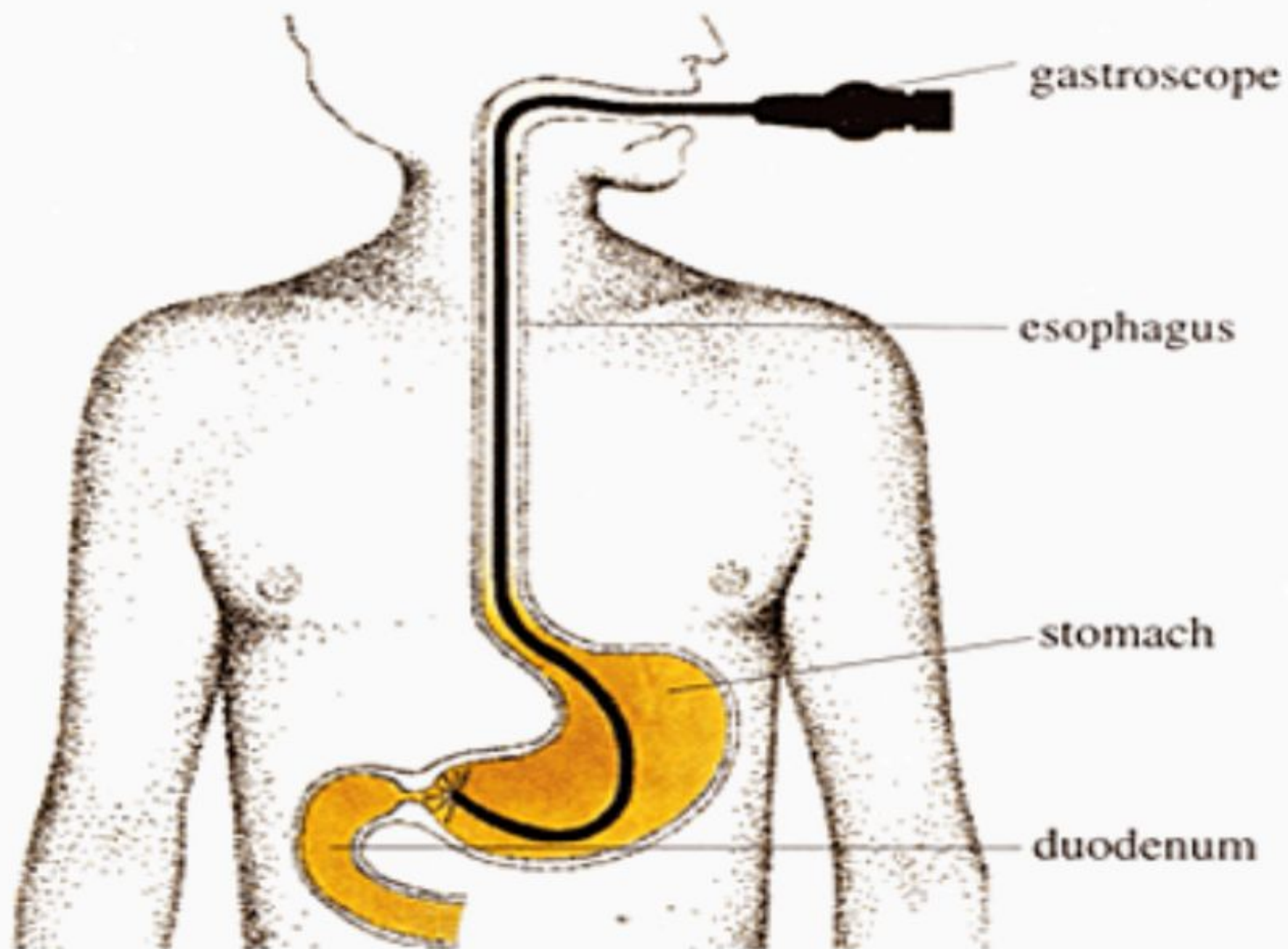
- Sit and stay upright
- Take antacid
- Ranitidine or zantac from a chemist
- If symptoms persist:
- Omeprazole/lansoprazole (proton pump inhibitors) from your GP

Don't

- Take aspirin or similar drugs for the pain (so called NSAIDs)
- Ignore if it persists

What happens if you meet me?

- Lifestyle advice
 - Discuss treatment
 - May consider gastroscopy (endoscopy)
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- What to expect:
 - Throat spray
 - Sedation (midazolam)/No sedation
 - Talk to you



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Belching

- Consider it reflux of air
- Avoid the following
 - Rushing meals (swallow air)
 - Fizzy drinks
 - Chewing gum
- Treat as above

Upper abdominal pain

- May be associated with heartburn
- May be before/after food
- May wake you at night

- Possibilities:
- Part of heartburn
- Non-ulcer dyspepsia
- Ulcer disease
- If right sided - ?gallstones

Avoiding Upper abdominal pain

- Don't eat and then slouch
 - Avoid late meals AND snacks
 - When bending keep your back straight
-
- Alcohol with care
 - Avoid caffeine
 - Avoid cheese
 - Avoid chocolate
 - Care with rich/fatty foods
 - Sleep upright
 - Swig some gaviscon before bed

- Thank you for watching this
- To book an appointment:
- 01707-365-086
- 07947-803-034
- linda.sibthorpe@nhs.net
- For the latest breaking news about your stomach and bowels visit us on Twitter
[@hertsgastro](https://twitter.com/hertsgastro)