

## AGA Patient Education Section

# Dyspepsia

What is dyspepsia? Dyspepsia is another word for indigestion. It can cause painful fullness during or after eating. Indigestion is not the same as heartburn. Men and women of any age can get indigestion. Most people have it from time to time, but some get it more often.

## Symptoms

- The feeling of being full or getting full quickly during a meal.
- Painful fullness after a meal.
- Heat, burning, or pain between in the upper belly.

You should talk to your doctor if:

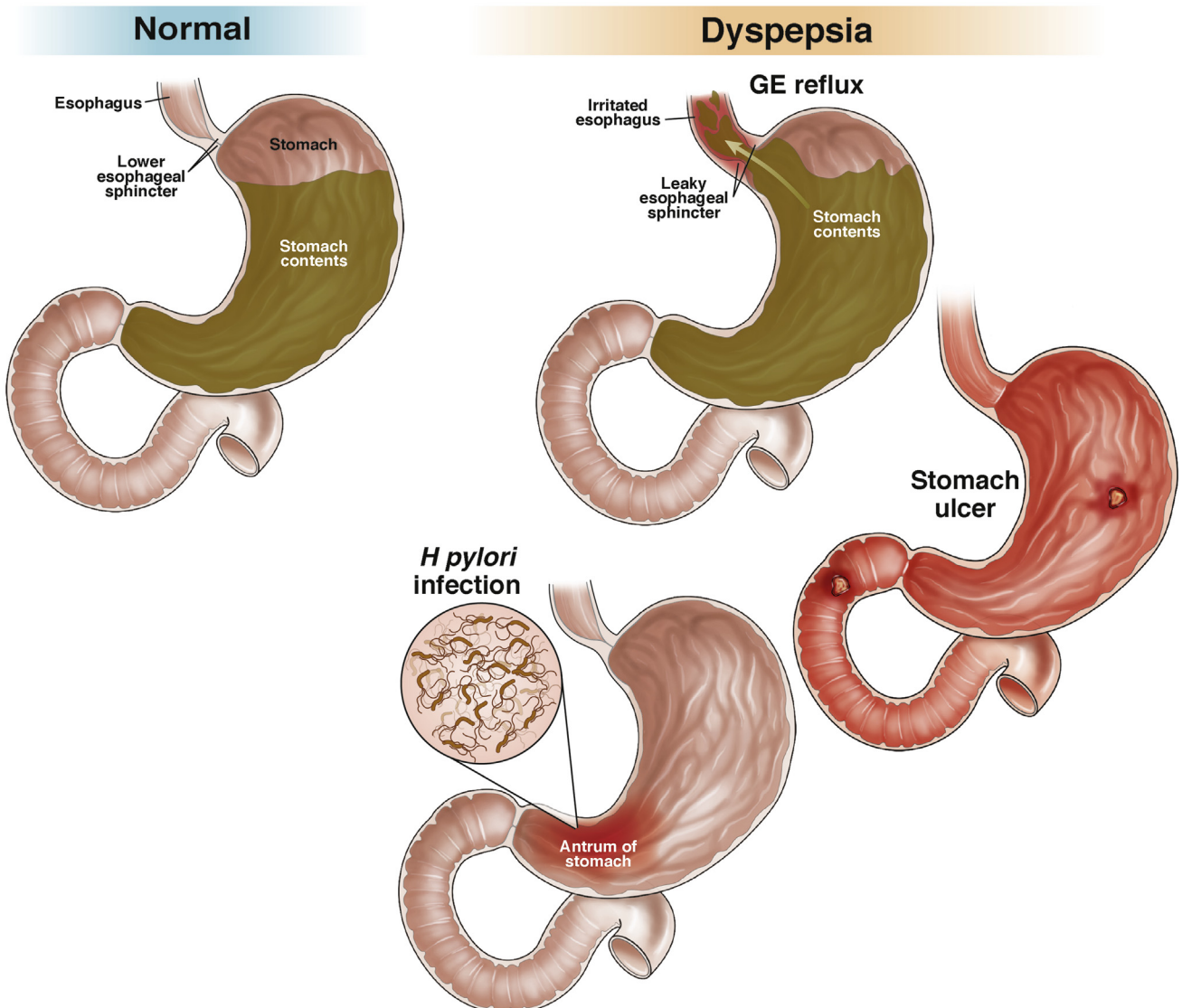
- Your indigestion lasts more than 2 weeks.
- Your symptoms worsen or become more common.

- You see blood in your stool or vomit.
- You start losing weight for no reason.
- You have trouble swallowing.
- You have really bad belly pain.
- You have jaundice (your skin and/or the whites of your eyes turn yellow).

## Causes of Nonulcer Dyspepsia

Certain actions can cause feelings of indigestion, such as:

- Eating too fast or too much in one sitting.
- Eating high-fat, greasy, or spicy foods.
- Smoking.
- Drinking alcohol or taking some drugs.



Consuming too much caffeine.

Indigestion also could be caused by a more serious health problem, such as gastroesophageal reflux disease, peptic ulcer disease, gallstones, problems of the pancreas or bile ducts, gastritis, or cancer.

### *Treatment*

Talk to your doctor about which treatment would be best for you.

Certain life changes might help symptoms:

Do not smoke, use tobacco, or drink alcohol, caffeine, and carbonated drinks.

Eat several small, low-fat meals and eat at a slow pace.

Do not take aspirin or anti-inflammatory drugs, if possible.

Track your symptoms to find out which foods cause your symptoms.

Do not eat right before you go to bed, and sleep with your head slightly raised.

Get plenty of rest and try to reduce stress.

There are also many over-the-counter (OTC) and prescription acid-blocking medications that may help symptoms:

Antacids, such as Alka-Seltzer, get rid of acid in the stomach. H2Ras can be found either OTC or in prescription strength and reduce stomach acid.

Proton pump inhibitors, such as Prilosec, also can be found OTC or in prescription strength.

Prokinetics are helpful for people whose stomachs empty too slowly.

If your test results show bacteria, your doctor may prescribe antibiotics.

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*For more information on dyspepsia, talk to your doctor and visit [www.gastro.org/patient-care/conditions-diseases/dyspepsia](http://www.gastro.org/patient-care/conditions-diseases/dyspepsia).*