There are two types of medicines which may be used to treat gastritis:

- Proton Pump Inhibitors (PPIs) work by blocking the production of stomach acid. These include Omeprazole, Esomeprazole, Lanzoprazole, Pantoprazole and Rabeprazole.
- H2 Receptor Antagonists work by preventing the release of acid into the stomach. These include Cimetidine, Famotidine, Nizatidine and Ranitidine.

Your Hospital Consultant or GP will prescribe the medication which is most suitable for you.

In some cases, where gastritis is associated with infection, such as Helicobacter Pylori, a course of antibiotics may be required to help eradicate the infection.

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What is Gastritis?

The stomach is lined with cells which secrete acid to help you digest food. Sometimes the lining can become inflamed. This is called gastritis.

(gastric = stomach, - itis = inflammation of)

What causes Gastritis?

Gastritis can be caused by:

- Drinking too much alcohol
- Eating spicy foods
- Smoking
- Prolonged use of non-steroidal anti-inflammatory drugs (NSAIDs)
- Infection from bacteria, such as Helicobacter Pylori
- Major surgery, injury or burns
- Certain diseases

What are the symptoms of Gastritis?

You may experience some of the following:

- Abdominal upset, bloating or pain
- Belching
- Nausea and vomiting
- A feeling of fullness or burning in the upper abdomen
- In severe cases gastritis can lead to bleeding from the stomach lining, which may present as blood in the vomit or altered, “tarry” blood in the stool.

How is Gastritis diagnosed?

Your GP can make the diagnosis based on your symptoms. A blood test is sometimes necessary to check for other conditions, such as anaemia. A blood or stool (poo) sample may be sent to check for Helicobacter Pylori, a bacteria which can cause gastritis.

Some patients need a gastroscopy (a camera examination of the stomach). During this procedure, if the stomach lining appears inflamed the endoscopist may take a sample (biopsy) to check for gastritis and possible causes.

How is Gastritis treated?

Gastritis is treated by addressing the cause, when identified.

Medication may be prescribed to reduce the acid in the stomach, which irritates the inflamed tissue. The medication reduces the symptoms and helps the stomach lining to heal.

Gastritis