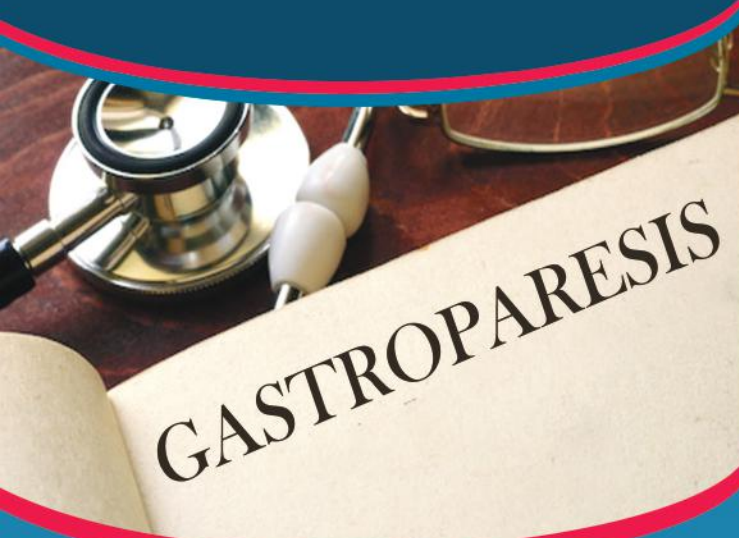




# Gastroparesis



After controlling the underlying condition, doctor may recommend:

- ▶ diet changing
- ▶ medications
- ▶ botulinum toxin injections
- ▶ surgery

A newer treatment for gastroparesis is called per oral pyloromyotomy. This is a nonsurgical procedure in which the doctor inserts an endoscope into the patient's mouth and advances it to the stomach.

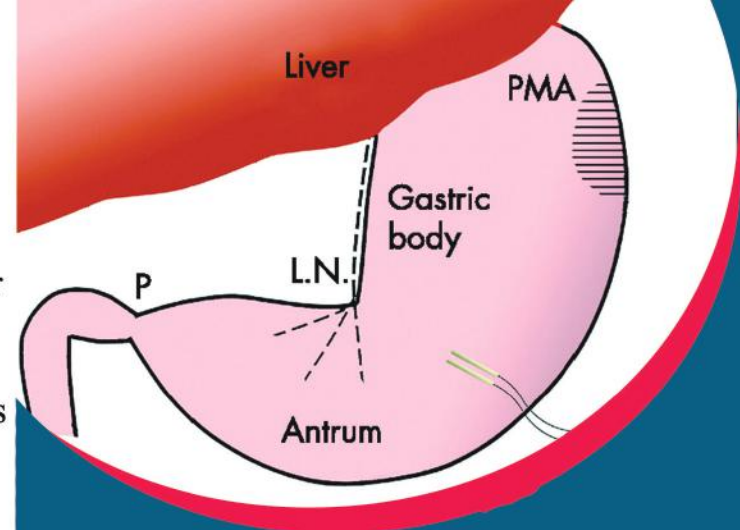
## ▶ Diet changing ◀

One of the best ways to help control the symptoms is to change eating habits.

Dietitians can help patients and choose foods that are easier to digest. patients should also get enough calories and nutrients.

Some recommendation about eating:

- ▶ Eat smaller meals more frequently
  - ▶ Chew food thoroughly
- ▶ Eat well-cooked fruits and vegetables rather than raw fruits and vegetables
- ▶ Avoid fibrous fruits and vegetables, such as oranges and broccoli, which may cause bezoars
- ▶ Choose mostly low-fat foods, but if you can tolerate them, add small servings of fatty foods to your diet
- ▶ Try soups and pureed foods if liquids are easier for you to swallow
  - ▶ Drink about 1 to 1.5 liters of water a day
- ▶ Exercise gently after you eat, such as going for a walk
- ▶ Avoid carbonated drinks, alcohol and smoking



- ▶ Try to avoid lying down for 2 hours after a meal
  - ▶ Take a multivitamin daily

## ▶ list of foods recommended for people with gastroparesis ◀

- ▶ **Starches:** White bread, Plain or egg bagels, English muffins, Flour or corn tortillas, Pancakes, Puffed wheat and rice cereals, Cream of wheat or rice, White crackers, Potatoes white or sweet (no skin), Rice, Pasta
- ▶ **Protein:** Lean beef, veal and pork (not fried), Chicken or turkey (no skin and not fried), Crab, lobster, shrimp, clams, scallops, oysters, Tuna (packed in water), Cottage cheese, Eggs
- ▶ **Fruits and vegetables:** Tomato sauce, paste, puree, juice, Carrots (cooked), Beets (cooked), Mushrooms (cooked), Vegetable juice, Fruit juices and drinks, Apple sauce, Bananas, Peaches and pears (canned)
- ▶ **Dairy:** Milk, Yogurt (without fruit pieces), Custard and pudding, Frozen yogurt



Gastroparesis



### ▶ **Gastroparesis definition** ◀

Gastroparesis, also called delayed gastric emptying, is a digestive disorder that slows or stops the movement of food from stomach to small intestine, even though there is no blockage in the stomach or intestines. In this condition, normal digestion may not occur. It affects the normal spontaneous movement of the muscles in stomach. It tends to affect women more than men.

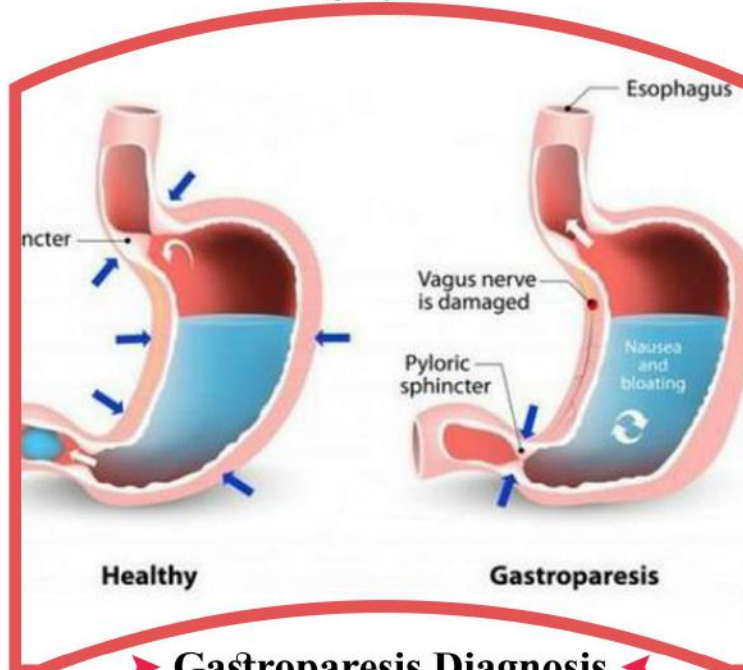
### ▶ **Etiology of gastroparesis** ◀

- ▶ Diabetes (the most common known cause)
  - ▶ Connective tissue disorders
  - ▶ Prior infection
  - ▶ Mesenteric ischemia
  - ▶ Post-surgical complication
  - ▶ Idiopathic causes

Idiopathic gastroparesis refers to gastroparesis of unknown cause which is the most common category for this illness.

### ▶ **Gastroparesis symptoms** ◀

- ▶ Feeling full shortly & long after starting a meal
- ▶ Nausea & Vomiting
  - ▶ Bloating
- ▶ Epigastric pain
  - ▶ Heartburn
  - ▶ Regurgitation



### ▶ **Gastroparesis Diagnosis** ◀

Doctors diagnose it based on physical exams, symptoms, asking questions & medical history. Eating patterns can also be helpful.

After that, doctor probably wants to run some test such as:

- ▶ Blood test (check for diabetes)
- ▶ An ultrasound
- ▶ Endoscopy

### ▶ **Gastroparesis Treatment** ◀

Treating gastroparesis depends on the intensity of symptoms, cause, complications and how people respond to treatment. If diabetes is causing gastroparesis, patients should control their diabetes and blood glucose level.