

It is necessary to repeat your gastroscopy within the next 12 weeks if you have a gastric ulcer.

We will be in contact to arrange a repeat gastroscopy.

It is important that you attend as some people do not respond to the medication prescribed and complications may develop.

If you experience severe abdominal pain or if you pass more than an egg-cup full of fresh red blood, please seek help immediately;

Between 0800-1800 contact your **GP** or local **A&E dept.**

Between 1800 - 0800 contact **Raigmore Hospital** on 01463 704000 and ask to speak to the General Surgical Registrar

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Issue No: 6	Passed by QDG
Date of issue: Aug. 2024	Review date: Aug. 2026
Devised by The Endoscopy Team	



Gastric & Duodenal Ulcers

Information for patients

Please share with anybody involved in your care, post endoscopy

Following your endoscopy you have been diagnosed as having a peptic ulcer. The endoscopist will have explained the finding with you.

This leaflet explains how the ulcer may have developed and the appropriate treatment to ensure healing.

What is gastric or duodenal ulcer?

An ulcer is an open sore or lesion which is found on the skin or lining of areas of the body.

- An ulcer in the lining of the stomach or duodenum is referred to as a peptic ulcer.
- When it is in the stomach it is called a gastric ulcer.
- If it is in the duodenum then it is a duodenal ulcer.

What factors are associated with gastric or duodenal ulcer? _____

- Most ulcers (80%) develop as a result of the infection *Helicobacter pylori* (H Pylori)
- Stomach acids (hydrochloric acid and pepsin)
- Use of non steroidal anti inflammatory drugs (NSAIDs)
- Lifestyle factors e.g. smoking and alcohol

What are the symptoms of gastric and duodenal ulcer? _____

- Gnawing or burning pain in the abdomen
- Belching
- Nausea
- Vomiting
- Poor appetite
- Loss of weight

What are some complications of gastric and duodenal ulcer? _____

- Bleeding
- Perforation
- Narrowing and obstruction

Treatment _____

Treatment will depend on the cause of the ulcer and may include:

- **Lifestyle changes** - stopping smoking, reducing alcohol intake.
- **Medication** - you will be advised to attend your GP for a prescription for tablets that lower the amount of acid produced in your stomach.
- You may be advised to stop any NSAIDs (non steroidal anti-inflammatory drugs such as Ibuprofen).
- Treatment for *helicobacter pylori* positive patients - you will be advised by your GP of a positive test. Treatment will be a 1 week course of antibiotics combined with the acid lowering medication.