

Hiatus Hernia

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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Devised by The Endoscopy Team	

Following your endoscopy today you have been found to have a hiatus hernia.

What is a Hiatus Hernia? _____

A hiatus hernia occurs when the upper part of the stomach pushes up into the chest through a small opening in the diaphragm (the muscle that separates the stomach from the chest). As a result acid and other stomach contents can remain above this opening.

A hiatus hernia often causes no symptoms, but can cause pain and heartburn. It is not usually a serious condition, and often needs no treatment.

Any symptoms can be treated with drugs or, if more severe, an operation.

Treatment _____

Life style changes

- Small frequent meals.
- Avoid foods that seem to cause more symptoms such as spicy foods, coffee and alcohol.
- Avoid bending or lying down after a meal.
- Stop smoking.
- Lose excess weight.
- Sleep with head of bed elevated.

Medication _____

Antacids

These work by neutralising stomach acid, they can be taken in liquid or tablet form. Antacids are fast acting but give short term relief e.g. Rennies and Gaviscon.

H2 blockers

If antacids don't work or you need high quantities to be effective you

may need to take a H2 blocker. These work by reducing the amount of acid produced by the stomach e.g. Pepcid and Famotidine.

Proton pump inhibitors (PPI's)

Should you require them you should consult your doctor e.g. Omeprazole and Lansoprazole.

Surgery _____

When a hiatus hernia causes such severe symptoms (or complications) surgery is recommended. The operation is called a fundoplication. This involves making a cut in the upper abdomen, pushing the stomach back into the correct position and securing it there, then repairing the gap in the diaphragm.

This can be done as an open procedure or keyhole surgery. If you want to discuss this option please let your GP know.