

About GASTROPARESIS

(Poor Stomach Emptying)



Understanding the ACG Gastroparesis Clinical Guidelines: Information for Patients, Parents & Caregivers from the American College of Gastroenterology



Gastroparesis, which is poor or slow stomach emptying, has symptoms such as feeling sick to your stomach or feeling easily full. This is a common problem. It is confirmed by a test to see how fast your stomach empties food after you eat. The ACG Gastroparesis Clinical Guidelines describe what puts you at risk for the disease, how to know you have the disease, and how to treat the problem, including what you should eat, and what medications or new treatments you should try.

KEY TAKEAWAYS

- The best way to see if you have gastroparesis is with a radiology test or a breath test where the meal includes special substances that can be tracked to see how quickly your stomach empties the food
- Eating smaller amounts during meals may help you feel better
- If you have diabetes, controlling your blood sugar lowers your risk for gastroparesis
- Some medications may help symptoms in gastroparesis, but some of these medications may cause other problems
- A small medical device called a gastric electrical stimulator (which is like a battery-operated pacemaker) may be inserted into your abdomen (belly) for symptom control
- Cutting of the exit of the stomach (called the pylorus) is better than no treatment; but Botox® (botulinum toxin) injections are not recommended



Questions You Should ask Your Physician about Gastroparesis Care

- Is my stomach emptying correctly?
- Are there medications I can try?
- What treatment would you recommend based on my nutritional health?



Warning Signs or Alarm Symptoms

- Call your doctor right away if you have significant weight loss and are often dehydrated (not getting enough liquids in your body)

LEARN MORE



ACG Patient Information: Scan QR Code or visit gi.org/topics/gastroparesis



Find a gastroenterologist near you: gi.org/FindaGI



Read the American College of Gastroenterology 2022 Gastroparesis Guidelines bit.ly/acg-gastroparesis-guideline