

Peptic Ulcers

Ulcers are small, open, and painful sores that develop in the stomach (*gastric ulcer*) or upper part of the small intestine (*duodenal ulcer*). The term "peptic ulcer" describes both types of ulcers. They cause sharp or burning stomach pain.

HOME CARE

- Quit smoking if you smoke.
- Avoid alcohol.
- Avoid aspirin and other drugs that lessen puffiness and soreness (*anti-inflammatory drugs*).
- Eat regular, healthy meals.
- Avoid foods that bother you.
- Only take medicine as told by your doctor. If your doctor prescribed a medicine to relieve heartburn or a sour stomach (*antacid*), **do not** switch brands without your doctor's approval.

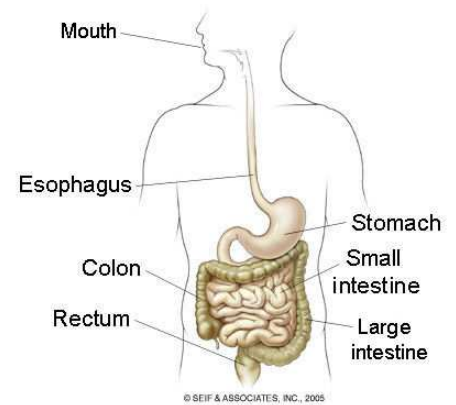


GET HELP RIGHT AWAY IF:

- There is bright red blood in your throw up (*vomit*).
- You have bloody, tarry, or black looking poop (*stool*).
- You feel weak, tired, or pass out (*faint*).
- You have sudden, intense belly (*abdominal*) pain.
- You throw up repeatedly.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.



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