

Gastroparesis:

which means partial paralysis of the stomach, is a disease in which your stomach cannot empty itself of food in a normal way



The symptoms of gastroparesis include:

- Heartburn or gastroesophageal reflux (backup of stomach contents into your esophagus).
- Nausea.
- Vomiting undigested food.
- Early satiety (feeling full quickly when eating).
- Abdominal bloating (enlargement).
- Chronic abdominal pain.
- Poor appetite and weight loss.
- Poor blood sugar control.

Gastroparesis can cause several complications, such as:

- Severe dehydration. Ongoing vomiting can cause dehydration.
- Malnutrition. Poor appetite can mean you don't take in enough calories, or you may be unable to absorb enough nutrients due to vomiting.
- Undigested food that hardens and remains in your stomach. Undigested food in your stomach can harden into a solid mass called a bezoar. Bezoars can cause nausea and vomiting and may be life-threatening if they prevent food from passing into your small intestine
- Decreased quality of life.
 - Symptoms can make it difficult to work and keep up with other responsibilities.

How is it diagnosed?

- The most common test is the Gastric Emptying Study (GES). You eat a small meal of eggs, and toast that have a radioactive tracer in them. The tracer is then tracked through a scanner similar to an X-ray. This tracks rate of digestion.
- Other tests can include: upper endoscopy, barium x-rays, Motility Smart Pill; when swallowed it will transmit data regarding digestive transit time. A Gastric Manometry test can also be used for diagnosis.

Treatments of gastroparesis include:

1. Diet Changes:

- Small meals through the day
- Avoid fibrous fruits and vegetables.
- Low Fat foods
- Soups and purees.

2. Medications:

- Stimulate Digestion:
 - metoclopramide (Reglan)- Serious Side Effects
 - Erythromycin.
- Nausea Meds:
 - Phenergan
 - Zofran
 - Scopalomine patches

3. Surgery:

- Naso-Jujenum Tube
- Gastro-Jujenostomy Tube
- Jujenostomy Tube
- Gastric Stimulator
- G-Poem

