

## Upset Stomach?

Indigestion is a general term that describes discomfort in your upper abdomen. Indigestion is not a disease, but rather some symptoms you experience, including abdominal pain and a feeling of fullness soon after you start eating.

Indigestion can have causes that aren't due to underlying disease. Examples include eating too much, drinking too much, food intolerance, or taking pills on an empty stomach. To avoid upset stomach you should limit these actions.

### How do I treat upset stomach at home?

There are several over the counter (OTC) options.

- Pepto Bismol (nausea, diarrhea, heartburn, indigestion, & overindulgence)
- Papaya Enzymes (general relief for stomach upset, natural remedy)
- Antacids (TUMS) (stomach acid such as heartburn, upset stomach, or indigestion)

*If you are needing a stomach relief agent daily, please set up an appointment with your provider to be cleared of an underlying condition like acid reflux.*



### When Should I Call the Doctor?

Because indigestion can be a sign of a more serious health problem, let your doctor know if you have any of the following symptoms:

- Vomiting or blood in your vomit. It may look like coffee grounds.
- Weight loss you can't explain.
- Loss of appetite
- Stools that are bloody, black, or tarry
- Severe pain in your upper-right belly
- Pain in the upper- or lower-right parts of your belly
- Feeling uncomfortable even if you haven't eaten

A heart attack can cause symptoms that feel like indigestion. Get medical help right away if you have shortness of breath, sweating, or pain that spreads along your jaw, neck, or arm.

**MEMBERS: As always, your provider is just a phone call or text message away. It's better to be safe than sorry. Reach out if you are worried or if this protocol isn't helping.**