



GASTROENTEROLOGY
DEPARTMENT OF THE
CIUSSS de l'Estrie – CHUS

FUNCTIONAL DYSPEPSIA

Treatment and advice

WHAT IS FUNCTIONAL DYSPEPSIA?

Dyspepsia involves stomach pain. Ulcers, bacteria (*Helicobacter pylori*), irritating medications (Aspirin[®], non-steroidal anti-inflammatory drugs [NSAIDs]) can cause dyspepsia. Functional dyspepsia (formerly known as non-ulcer dyspepsia), on the other hand, is caused neither by a structural anomaly nor by a stomach disease.

Functional dyspepsia may be caused by excessive acid secretion and stress as well as lifestyle and diet-based stomach inflammation. Symptoms range from stomach pain to a sensation of fullness, belching, bloating, nausea, and vomiting. These symptoms are often intermittent and are not triggered by a specific food.

Your physician will ask questions and examine you to determine whether other health problems such as gastroparesis, gastric obstruction, or other gastrointestinal motility disorders may be involved. The tests offered will depend on the factors that have been evaluated.

HOW IS FUNCTIONAL DYSPEPSIA TREATED?

Even though functional dyspepsia involves unpleasant symptoms, it is important to understand that it is not a serious condition. Adopting healthy lifestyle and dietary habits is essential and is the core treatment. A psychological evaluation might be necessary to assist you in managing your sources of stress.

Making dietary and lifestyle changes can greatly improve your symptoms:

- There is no specific diet for functional dyspepsia. However, you can eliminate foods you find problematic (e.g., milk, alcohol, coffee, fatty or fried foods, tomatoes, spices, etc.). Avoid eating fatty or fried foods as they slow digestion considerably.
- Avoid lying down after eating.
- Do not eat large servings.
- Adopt a regular meal schedule and healthy sleep hygiene.
- Avoid becoming overweight and aim for a healthy body weight (BMI \leq 25).

Medications:

- You can take over-the-counter antacids (e.g., TUMS[®], MAALOX[®], Pepto Bismol[®] or Gaviscon[®]).
- Your physician might recommend trying a proton pump inhibitor (PPI), a drug that blocks the enzyme required to produce stomach acid.
- In some circumstances, your physician might also recommend a prokinetic agent - a drug that accelerates intestinal transit -, such as domperidone or metoclopramide.

Stress management and dietary changes often suffice to control symptoms. In more severe cases, adding medical treatments may be worthwhile. However, constipation may contribute to the symptoms, and treating it may be beneficial.

As functional dyspepsia is an intermittent condition, it may be necessary to repeat the treatments over time. Don't panic!

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