



Lodi Memorial Hospital

975 S. Fairmont Ave, Lodi CA 95240

(209) 334-3411

Date: 03/11/14

Account No: V025571266

Unit No: M053082

Patient: PARVIN, MARY JEAN

Location: 4S

Physician: Wade, Elliot MD -HOSP

Diabetic gastroparesis

WHAT YOU SHOULD KNOW:

Gastroparesis is a lack of movement in the stomach. This decreased movement of the stomach causes food to leave the stomach more slowly. Gastroparesis is also called delayed gastric emptying. Gastroparesis may cause the stomach to dilate (stretch) and not work as fast to digest food. Gastroparesis happens most often in people who have diabetes. When diabetes leads to this problem, it is called diabetic gastroparesis.

AFTER YOU LEAVE:

Medicines:

- **Insulin:** You may need to change how you take your insulin. You may need to take it more often, or take a different kind. You may need to change your dose, or when you take it. For example, you may need to take insulin with or after meals, instead of before meals. You may also need to check your blood sugar more often.
- **Antinausea medicine:** This medicine may be given to calm your stomach and prevent vomiting.
- **Motility medicine:** This medicine is given to help your stomach muscles move food and liquids out of your stomach faster. This medicine also may help you digest food better.
- **Take your medicine as directed:** Call your primary healthcare provider if you think your medicine is not working as expected. Tell him if you are allergic to any medicine. Keep a current list of the medicines, vitamins, and herbs you take. Include the amounts, and when, how, and why you take them. Take the list or the pill bottles to follow-up visits. Carry your medicine list with you in case of an emergency. Throw away old medicine lists.

Ask for information about where and when to go for follow-up visits: For continuing care, treatments, or home services, ask for more information.

Diet guidelines:

- **Eat foods low in fat.** Fat slows down the digestion of foods so may make gastroparesis worse.



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- **Eat foods low in fiber.** High-fiber foods are harder to digest. Avoid foods such as figs, berries, apples, oranges, broccoli, brussels sprouts, and green beans.
 - **Eat several small meals each day, instead of fewer large meals.** Small meals may be easier for you to digest.
 - **Eat meals slowly, and completely chew your food.** This may make it easier for your stomach to digest the food.
 - **Eat liquid or blenderized meals until your gastroparesis is controlled.** Blenderized meals are foods that are thinned in a blender. Liquid or blenderized meals may be easier for you to digest. A nutrition shake (pre-made, or mixed yourself) is an example of a liquid meal. A blenderized meal can be made by mixing solid foods with healthy liquid in a blender.
 - **Sit up after you eat for at least 1 hour instead of lying down or exercising.** This may help you digest food better.

Living a more healthy lifestyle:

- **Exercise:** Exercise makes the heart stronger, lowers blood pressure, and helps keep you healthy. Begin to exercise slowly and do more as you get stronger. Talk with your primary healthcare provider before you start an exercise program.
- **Do not smoke:** Smoking causes lung cancer and other long-term lung diseases. It increases your risk of many cancer types. Smoking also increases your risk of blood vessel disease, heart attack, and vision disorders. Not smoking may help prevent such symptoms as headaches and dizziness for yourself and those around you. Smokers have shorter lifespans than nonsmokers.

For information and support: Learn as much as you can about diabetes and gastroparesis. You may also want to join a support group. This is a group of people who also have diabetes. Ask your caregiver for the names and numbers of support



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groups in your area. Contact the following for more information:

- American Diabetes Association
1701 North Beauregard Street
Alexandria, VA 22311
Phone: 1-800-342-2383
Web Address: <http://www.diabetes.org>

Contact your primary healthcare provider if:

- You continue to have pain and bloating in your abdomen.
- You continue to have nausea and vomiting, or are not able to eat.
- You cannot keep your blood sugar within the range that is normal for you.
- You have questions or concerns about your illness or medicine.
- Your skin is itchy, swollen, or has a rash.

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The above information is an educational aid only. It is not intended as medical advice for individual conditions or treatments. Talk to your doctor, nurse or pharmacist before following any medical regimen to see if it is safe and effective for you.