

Patient Counseling Information

GI Pathology Report

Patient Name:

Date of Testing:

Birth Date:

Social Security #:

Your Pathology Test Result

Ulcers (Stomach or Duodenum)

Pathologist Description of Your Diagnosis

An ulcer is a defect or sore in the lining of the stomach or the duodenum (the first part of the small intestine) that can cause stomach pain. If left untreated, scarring may close the outlet of the stomach preventing passage of food. The stomach acid can eat through the lining of the intestine causing intense pain requiring hospitalization and surgery. Duodenal ulcers are twice as common in men and occur between the ages of 30-50. Stomach ulcers are common after the age of 60 and are more common in women. Most ulcers are no larger than a pencil eraser, however, they can cause excruciating discomfort and pain. There are two major causes of ulcers; *H.pylori* infection and regular use of non-steroidal anti-inflammatory agents such as aspirin and ibuprofen (NSAIDS).

Your Options For Treatment

Medication - H-2 Blockers (Tagamet, Pepcid, Zantac, Axid),

Antacids and antibiotics in combination for several weeks either in: Dual Therapy - 1) amoxicillin and metronidazole (clarithromycin as substitute) or 2) omeprazole and clarithromycin or Triple Therapy -1) Bismuth, tetracycline, metronidazole or 2) metronidazole, omeprazole and clarithromycin or 3) amoxicillin, omeprazole, and clarithromycin

Surgery

Patients' Frequently Asked Questions

What causes ulcers?

What kinds of medication can heal ulcers?

How long does it take to heal an ulcer?

How does *H. pylori* cause ulcers?

How long is the medication taken?

After treatment with antibiotics, can my ulcers return again?

Do I need to be on a special diet?

Does stress help cause an ulcer?

Does smoking cause an ulcer?

Suggestions For Your GI Health Maintenance

Don't Miss Your Follow Up Appointments

Take your medications as prescribed

Maintain good nutrition

Avoid cigarette smoking during your treatment

Take acetaminophen instead of NSAIDS

Additional GI Patient Resources and Support

American Digestive Health Foundation, 1-800-NO-ULCER

Health & wellness Hotline 800-394-7546

American College of Gastroenterology Hotline – 800-978-7666; website www.acg.gi.org

OncoDiagnostic Laboratory, Inc., website: <http://www.oncodiagnostic.com/>

This report is provided to help you understand your pathology test result and to review your treatment options. Other treatment options and additional information may also be available. Please consult your doctor with any questions you may have. Only you and your doctor can decide which treatment is best for your condition based on your medical history and condition.

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