

Saratoga Schenectady Endoscopy Center, LLC Burnt Hills, N.Y. 12027

TIPS ON BELCHING, BLOATING, AND FLATULENCE

1. Belching is caused by swallowing air from:
 - Eating or drinking too fast
 - Poorly fitted dentures; not chewing food completely
 - Carbonated beverages
 - Chewing gum or sucking on hard candies
 - Excessive swallowing due to nervous tension or postnasal drip
 - Forced belching to relieve abdominal discomfort
2. To prevent excessive belching avoid:
 - Carbonated beverages
 - Chewing gum
 - Hard candies
 - Simethicone may be helpful
3. Abdominal bloating and discomfort may be due to intestinal sensitivity or symptoms of irritable bowel syndrome. To relieve symptoms, avoid:
 - Broccoli
 - Cabbage
 - Baked beans
 - Carbonated beverages
 - Cauliflower
 - Chewing Gum
 - Hard Candy
4. Abdominal distention resulting from weak abdominal muscles:
 - Is better in the morning
 - Gets worse as the day progresses
 - Is relieved by lying down
5. To prevent abdominal distention:
 - Tighten abdominal muscles by pulling in your stomach several times a day
 - Do sit up exercises if possible
 - Wear an abdominal support garment if exercise is too difficult
6. Flatulence is gas created through bacterial action in the bowel and passed Rectally. Keep in mind that 10-18 gas passages per day are normal. Primary gases are harmless and odorless.
 - Noticeable smells are trace gases related to food intakes.
7. Foods that are likely to form gas include:
 - Milk, dairy products, and medications that contain lactose- if your body does not produce enzyme(lactase) to break it down.
 - Certain vegetables-baked beans, cauliflower, broccoli , cabbage
 - Certain starches- wheat, oats, corn, potatoes. Rice is a good substitute.

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8. If flatulence is a concern, see your doctor to determine if you are lactose intolerant.
9. Identify offending foods. Reduce or eliminate gas forming foods from your diet.
10. Activated charcoal may provide some benefit.