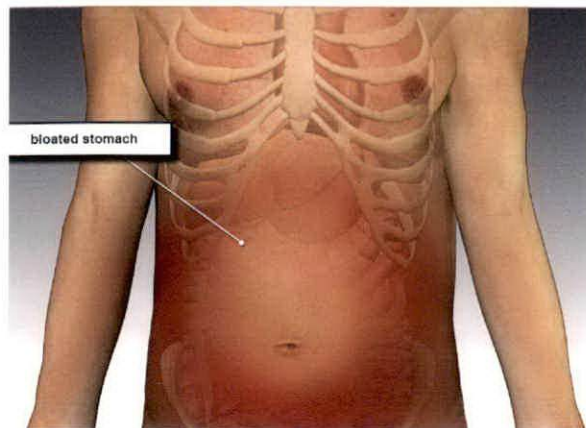


When gas doesn't adequately pass through our digestive system, it can build up leading to bloating. Bloating may be accompanied by abdominal pain (sharp/dull in nature) that can vary from mild to intense. Passing flatus (wind) or having a bowel movement may relieve this pain.

Bloating may be related to numerous diet and lifestyle choices including:

- Eating fatty foods, which can delay stomach emptying and make you feel uncomfortably full.
- Drinking carbonated beverages or eating gassy foods
- Constipation or faecal loading (excessive stool stuck in your bowels)
- Eating too quickly, drinking through a straw, chewing gum or sucking on candies, resulting in swallowing air
- Stress or anxiety
- Smoking
- A gastrointestinal infection, blockage or disease
- Irritable bowel syndrome, a condition characterised by abdominal pain or cramping and a change in bowel function.
- Conditions such as celiac disease or food intolerances (fructose/lactose) in which the intestines are not able to digest and absorb certain dietary components.

If you have persistent bloating, it is important you follow up with your General practitioner or Gastroenterologist to rule out other disorders in which bloating may be a symptom.





Dr. Qurat ul Ain (Anny) Rizvi

Dr. Kaushali Britto

Dr. Brindi Rasaratnam

ABOUT

Our gastroenterology services offer patients a comprehensive range of diagnostic and therapeutic services with a focus on gastroscopy, colonoscopy and capsule endoscopy. Our team is dedicated to patient care and strives to make a patient's experience as comfortable as possible.

SERVICES

- Consultation
- Colonoscopy
- Capsule Endoscopy
- Intestinal Ultrasound
- Liver Fibrosis Ultrasound
- EUS
- ERCP
- Gastroscopy
- Breath Testing (Lactose/Fructose/Helicobacter)

BLOATING



Dr. Brindi Rasaratnam

Dr. Qurat ul Ain (Anny) Rizvi

Dr. Kaushali Britto

(03) 9790 0188

reception@mdcgastro.com.au