

What is Functional Dyspepsia?

Functional dyspepsia is a condition that causes discomfort in the epigastric (stomach) area. This can include stomach pain, nausea, vomiting, bloating, or feeling full quickly after eating. People with functional dyspepsia have usually had a normal endoscopy and normal testing for infections (like *H. pylori*). This is because functional dyspepsia is a disorder of gut sensation or motility, not a problem with the lining of the stomach.



Disorders of Gut-Brain Interaction

In many people, functional dyspepsia is caused by an abnormal brain-gut interaction. In these people, the connection between the gut and the brain is overactive, and can cause pain, nausea, or other discomfort even when there is nothing wrong with the lining of the stomach or digestive system.

What testing might my doctor recommend?

Your doctor may or may not recommend the following:

1. Upper endoscopy: this is a test under anesthesia to look inside the esophagus, stomach, and small intestine.
2. Stool testing: this is a test that checks for infections and/or inflammation in your stool.
3. Gastric emptying scan: this is an imaging test to look at how quickly your stomach is emptying.

Resources for Functional Dyspepsia

Here are useful websites and videos to learn more about functional dyspepsia.

- 1 **Functional Dyspepsia Videos**
<https://theromefoundation.org/functional-dyspepsia/>
- 2 **Disorders of Gut-Brain Interaction**
<https://theromefoundation.org/what-is-a-disorder-of-gut-brain-interaction-dgbi/>
- 3 **Neuromodulator Videos**
<https://theromefoundation.org/neuromodulators-2/>
- 4 **Gut-Brain Axis Videos**
<https://theromefoundation.org/question-a-brain-gut-axis/>
- 5 **GI Psychology Videos**
<https://theromefoundation.org/question-a-gi-psychology/>
- 6 **Dietary Therapy Videos**
<https://theromefoundation.org/diet-therapy-in-dgbi/>

What treatments are available?



Antacid medications to reduce acid irritation of the stomach (such as omeprazole, famotidine)



Neuromodulators, which are medications to calm the gut nerves or improve stomach relaxation



Meeting with a nutritionist to review food triggers

