

# My Diabetes



**My Diabetes Project – Diabetes information and services in Europe for women and their families is coordinated by:**

***European Institute of Women's Health***

[www.eurohealth.ie](http://www.eurohealth.ie)

## Gastroparesis

Sometimes the nerve responsible for moving food through your digestive tract may be damaged. This can cause the stomach muscles and intestines to stop working properly,. If this happens food will take too long to leave the stomach (or not leave at all).

Symptoms include:

- heartburn,
- nausea,
- vomiting of undigested food,
- an early feeling of being full when eating,
- weight loss,
- stomach bloating,
- inconsistent blood glucose levels,
- lack of appetite, and
- stomach cramps.

Gastroparesis can make diabetes worse by making it harder to manage blood glucose levels as food is delayed or absorbed slowly. It might cause too much bacteria to grow in your stomach or harden into a solid mass, a bezoar, causing nausea, vomiting, and a stomach blockage or stopping food from passing onto your small intestine.

Your doctor will conduct tests such as an x-ray, scan or endoscopy where a long, thin tube is passed through your mouth down the esophagus, for the doctor to check the stomach lining, or ultrasound where sound waves are used to outline and define the shape of the gallbladder and pancreas to help understand the cause of your gastroparesis.

You may have to adjust your diabetes management plan improve the control your blood sugar levels. Other medication and dietary changes can help deal with the side effects of gastroparesis. If symptoms persist or worsen, you may need to have surgery to insert a feeding tube, so nutrients can be put directly into the small intestine, so avoiding the stomach, (the source of the problem).

This is a chronic condition and it's not possible to treat fully. You need to work with your doctor to ensure t you are as comfortable as possible.