

What's Causing My Digestive Pain, and How Can I Treat It?

Whether you're dealing with indigestion, heartburn, or pregnancy symptoms, stomach and digestive pain is nothing to ignore. It can keep you up all night or ruin your best-laid plans—so how can you fix it fast to get back to doing what you enjoy?

Here are a few common causes of stomach pain and how to treat them.

Bloating/Trapped Wind

Bloating can occur when you have [trapped gas](#) inside your stomach, which causes a feeling of uncomfortable fullness or pressure. You may also experience flatulence and stomach cramps, which all make for quite an unpleasant time.

Sometimes trapped wind can be avoided by simple lifestyle changes, like avoiding fibre-rich foods or foods that you're intolerant of. Lessening smoking can also help, as smoking increases your chances of swallowing too much air and creating gas buildup.

You might also try exercising to avoid the constipation that creates trapped wind or eating smaller portions of gas-causing foods. That way, you can still enjoy food you love without the major symptoms.

If you need an immediate solution to trapped gas, taking a medication [with the ingredient simeticone](#) – which helps disperse trapped air bubbles in the gut – can provide relief.

Indigestion

Indigestion can occur as pain either above or below – in your abdomen or behind your breast bone (known as heartburn). It happens when stomach acid irritates your stomach lining, which makes the lining sensitive.

It can be caused by triggers such as:

- Eating too much or too quickly
- Taking medications like ibuprofen or aspirin
- Having a helicobacter pylori infection

You can treat or avoid indigestion by reducing your meal portion size, keeping a balanced diet with a range of nutritious foods, lowering your stress levels, or [taking an antacid](#) that eliminates the burning and pain. Drinking water may help wash out the stomach acid, but avoid drinking too much at once.

Food Poisoning

Eating food that's contaminated by bacteria or a virus can cause stomach pain and cramping. Some of the microorganisms that can cause food poisoning include e. coli, listeria, and campylobacter.

While you have food poisoning, you might experience symptoms like:

- Diarrhoea
- Fever
- Feeling weak
- Loss of appetite
- Achy muscles

You can treat a nasty bout of food poisoning by drinking plenty of fluids, taking paracetamol, and getting rest. Oral rehydration remedies can help you stay hydrated more easily. Sticking to bland foods while sick is also advised to avoid making symptoms like vomiting or nausea worse.

Pregnancy Symptoms

Heartburn and indigestion are common pregnancy symptoms. Pregnancy causes a release of hormones that slow digestion and relax the valve between your stomach and oesophagus, which can allow stomach acid to leak into your oesophagus. The pressure of your baby on your stomach can also cause this phenomenon.

Safe ways to treat it include consuming something cooling like milk or yogurt, or adding a tablespoon of honey to warm milk. Chewing gum can also help weaken the stomach acid causing your pain.

Check with your physician before taking any medications while pregnant. Tablets like the heartburn remedies from Rennie are [pregnancy-safe solutions](#) for immediate heartburn relief.

Constipation

Constipation can cause cramping and pain in your abdomen that you might initially mistake for stomach pain. This pain stems from a buildup of trapped gas or stool in your intestines.

This condition can be caused by a lack of dietary fibre, fluids, or exercise. Certain medications, such as those that treat high blood pressure or depression, can also lead to constipation. It occurs when your colon absorbs too much water from your stool, making it dry and hard when passing through your intestines.

Laxatives are a more immediate way to treat this issue; you may also consider overall lifestyle changes like exercising more, drinking more fluids, and consuming a balanced diet that includes fibrous foods. If you have a chronic condition that can trigger constipation, like irritable bowel syndrome (IBS) or diabetes, speak with your doctor to see what treatment steps you can take.

Ease Your Pain With Effective Remedies

No matter the cause of your digestive woes, you don't have to suffer with stomach pain. In addition to the lifestyle changes mentioned above, antacids are a quick and straightforward way of beating the pain. Explore Rennie's [line of tablets for indigestion](#), digestive discomfort, and heartburn to get your life back on track.

Mahalia Cooks