



Excess Intestinal Gas



Overview

This is when you have too much gas in your digestive tract. Having some gas is normal for everyone. We release it by burping and farting. But if you do this more than 20 times each day, we say you have "excess" gas. Excess gas can be embarrassing. And if it builds up inside you and you can't get rid of it, it can be very painful.

Causes

Where does intestinal gas come from? Some is just the air we naturally swallow when we eat and drink, and when we do things like chew gum or smoke. The rest is created when the foods we eat are broken down by bacteria in our gut. Some foods and drinks are known to create a lot of gas. This includes vegetables like beans, broccoli and cabbage. It includes dairy products, bran and carbonated drinks. And sometimes, excess gas is linked to a serious disorder like celiac disease, Crohn's disease, diabetes or ulcerative colitis.

Symptoms

What are the symptoms of excess gas? Along with frequent burping and farting, you can have pain and cramps in your abdomen. You may feel very full. And your abdomen may be noticeably swollen.

Treatment

How do we treat excess gas? Sometimes a change in your diet is enough. Sometimes over-the-counter medicines can be helpful. But these methods don't work for everyone. So if you have excess gas, and especially if you have other symptoms like heartburn, vomiting, constipation, diarrhea, or blood in your stool, tell your doctor. They will create a plan that's right for you.