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Thread: [Stomach sick](#)

He B TeMy - July 12, 2018, 9:38 am

I'm stomach sick for the past three weeks and it doesn't seem to be improving besides a couple of days then back again... i went to the doctor he gave me emoprazol & primperan for the motion sickness but it seems i'm not getting better, i'm contemplating going back again tomorrow because i fear this may be something else.

I feel thirsty most of the time (probably because of the summer) and the heavy belly feeling won't go away that fast.

Does any one here has dealt with such prolonged stomach pain in the past?
This is mainly just a rant but i fear it could be something else as i'm only 22.

Hailstone - July 12, 2018, 12:04 pm

I literally have had this same feeling for the past 3 days. Do you wake up super fatigued and dehydrated and cant eat anything?

He B TeMy - July 27, 2018, 10:20 am

(Jul 12, 2018 12:04 PM)Bobb Wrote: [\[CITE\]](#) I literally have had this same feeling for the past 3 days. Do you wake up super fatigued and dehydrated and cant eat anything?

Yes i did, now i wake up dehydrated but i can eat, it gets better somedays, i think it's anxiety, idk why though.

Hustla - July 27, 2018, 10:29 am

Drink a gallon of water a day, supplement with a vitamin C tablet and get plenty of rest. Eat vegetables for micro nutrients.

Tat Tvam Asi - July 27, 2018, 1:58 pm

Consume lots of fruit and fresh juices/smoothies.

Should be good laxative, full of nutrients, fibre and hydration. (Water + Electrolytes)

Also consume some fresh ginger, maybe tea, for the stomach pain and nausea.

'Ben - July 28, 2018, 8:01 am

Do you go to the toilet a lot & get stomach cramps?

MF GLOOM - July 28, 2018, 2:16 pm

I've been having stomach issues for the past three or so days now myself.

Mine is a bit different though, I think. I'll wake up extremely hungry so I'll eat but never get the "full" feeling even though I know I've had a meal. In about an hour or two my hunger will start gnawing away at me again. Basically I've been eating an obnoxious amount of food the past few days because I'm constantly hungry (probably about a third more than I usually eat) and the problem persists. I can physically feel the food in my stomach from a large meal, but I'll still have a weird feeling toward the top of my stomach. It doesn't give me much time to feel satisfied after a meal, I hate it.

It hasn't gotten bad to the point where I've booked an appointment with my doctor yet, but last night was the first night where the feeling was actually interfering with my ability to fall asleep (I had to take a sleep-aid). I'm thinking mine is likely anxiety-related as well.

He B TeMy - July 31, 2018, 7:20 am

I think it's anxiety because the problem has been getting away each day... idk why i'm so anxious lately though, even though i'm on vacation in a different country.

Anyway, in the beginning i had nausea, and no matter what i eat/drank i'd get hungry really fast, now i feel like things returned to normal, that was after i did an upper endoscopy, after the doctor told me there was nothing wrong in my stomach and i was feeling nausea'd was from my nervous system i magically became feeling well again, ate dinner right afterwards and all stood down easily with no more immediate issues, the week after that i started to get the same feeling (prolly anxiety) but no nausea this time, i just felt like i needed to eat/drink constantly (the summer is probably helping on the dry-weather-country i'm in right now) most of the time but i found ways to relax (listening to music etc) and that got the feeling away.

It's been a sad month and even though i'm on vacation right now i'm waiting for the end of the week to return to home and hopefully don't feel this thing anymore, good luck to you all, i think i solved my issue.

To be clear, i only had nausea, no stomach cramp, no intestine-*crap* no pain at all and no burden sensation on the stomach, i did went to the doctor and she put me on a protective stomach pill for two weeks before i asked for an endoscopy, it all seemed to be anxiety up to now.

Wish you guys luck too.