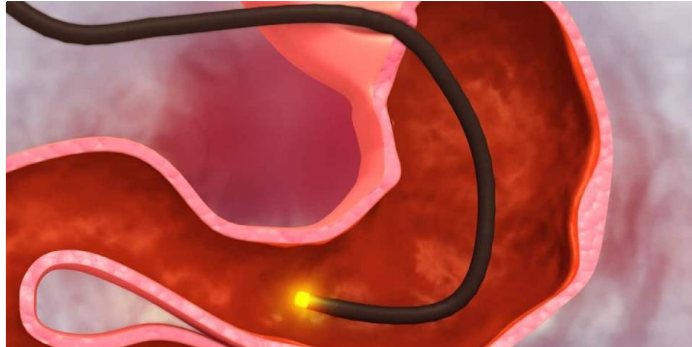




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DECEMBER 18, 2023 — DR. VIKRANT KALE 0 COMMENTS LATEST BLOGS

Understanding Stomach Biopsy: A Comprehensive Guide

When it comes to gastrointestinal health, understanding the intricacies of diagnostic methods is crucial for effective treatment. Stomach biopsies play a pivotal role in diagnosing various stomach disorders, and in this comprehensive guide, we'll delve into the details of this procedure with insights from **Dr. Vikrant Kale**, an expert **gastroenterologist and Interventional Endoscopist in Pune, Maharashtra**.

What is a Stomach Biopsy?

It's simply the removal of a tiny sample of stomach tissue for examination under a microscope. This helps diagnose various disorders, including:

- **Ulcers:** Ulcers are open sores that can form on the lining of the stomach or duodenum (the first part of the small intestine).
- **Gastritis:** Gastritis is inflammation of the lining of the abdomen.
- **Celiac disease:** Celiac disease is an autoimmune condition that damages the small intestine.
- **Helicobacter pylori infection:** Helicobacter pylori is a bacterium that can live in the stomach and duodenum. It can cause ulcers and gastritis.
- **Cancer:** A stomach biopsy may be performed to diagnose **stomach cancer** or lymphoma.
- **Inflammation:** Conditions like gastritis (inflammation of the stomach lining) and celiac disease can cause inflammation, which a biopsy can identify.
- **Infections:** Bacterial, viral, or parasitic infections can affect the stomach, and a biopsy can identify the culprit.
- **Precancerous changes:** Identifying early signs of potentially cancerous growths.

Why might I need a stomach biopsy?

- Persistent indigestion or heartburn
- Abdominal discomfort or pain
- Chronic nausea and vomiting
- Unexplained weight loss
- Anemia or iron deficiency
- Blood in stool or vomit
- Bleeding in the stomach or intestines
- Suspected **inflammatory bowel disease (IBD)**
- Checking for H. pylori bacteria

How is a Stomach Biopsy Performed?

There are two main types of stomach biopsies:

- **Endoscopic biopsy:** This is the most common type of stomach biopsy. It is performed during an upper endoscopy. During an upper endoscopy, a thin, flexible tube with a camera on the end is inserted down your throat and into your stomach. The doctor can then use the camera to look for abnormalities and take tissue samples.
- **Laparoscopic biopsy:** This type of biopsy is less common than an endoscopic biopsy. It is performed through small incisions in your abdomen. A laparoscope (a thin, lighted tube) is inserted through one of the incisions, and the doctor can then use the laparoscope to take tissue samples.
- **Capsule biopsy:** A pill-like capsule containing a tiny camera takes images as it travels through your digestive system. In some cases, it can collect tissue samples too.

Stomach Biopsy: What to Expect?

Before:



- Consult Dr. Vikrant Kale
- Stop taking certain medications as recommended.
- Fast for a few hours before the process.

During:

- **Sedation:** You may be given medication to relax and numb your throat.
- **Positioning:** You'll lie on your side on an examination table.
- **Endoscopy:** The endoscope is gently inserted through your mouth or nose.
- **Biopsy:** Tissue samples are collected using tiny forceps or suction.
- **Removal:** The endoscope is carefully removed.
- The technique itself takes about 15-30 minutes.

After:

After a stomach biopsy, you may have some mild pain or discomfort in your throat or stomach. You may also experience some nausea or vomiting. These signs should go away within a few days.

Dr. Vikrant Kale, the best stomach specialist in Pune, will give you specific instructions on how to care for yourself after your biopsy. These instructions may include:

- Avoiding eating and drinking for a few hours after the biopsy
- Taking pain medicine if needed
- Not assuming blood thinners for a few days
- Calling Dr. Kale, if you have any fever, chills, or severe pain

The Risks of Stomach Biopsy:

Stomach biopsies are generally safe practices. However, there is a small risk of bleeding, infection, and perforation (a tear in the stomach lining).

Recovery from a stomach biopsy:

You should be able to continue your normal activities within a few days after a stomach biopsy. However, it is important to avoid severe activity for a few days. You should also avoid taking aspirin or ibuprofen for a week after the procedure, as these medicines can increase your risk of bleeding.

Results of a stomach biopsy:

The results of your stomach biopsy will usually be available within a few days. Dr. Vikrant Kale will discuss the results with you and recommend treatment if necessary.

Conclusion:

A stomach biopsy is a safe and effective procedure that can help diagnose a variety of stomach conditions. If you have any questions or concerns about a stomach biopsy, please talk to Dr. Vikrant Kale, the **best Interventional Endoscopist in Pune, Maharashtra**.

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Understanding Chronic Muscular Abdominal Pain: Causes and Symptoms

GERD and Heartburn: What's the Difference?



ABOUT DR. VIKRANT KALE

Gastroenterologist

Dr. Vikrant Kale is a practicing consultant Gastroenterologist, Hepatologist, and Interventional Endoscopist with experience of more than 17 years. He has expertise in managing various GI disorders (which include intestine, liver, gallbladder, and pancreas) at a very advanced level.

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ABOUT DR. KALE'S GASTRO CLINIC

Dr. Kale's Gastro Clinic is a "state of art" center, providing comprehensive gastrointestinal care through modern and cutting-edge technology most ethically and affordably in the city of Pimpri Chinchwad, Pune.



CONDITIONS TREATED

- > Stomach Disease
- > Liver Disease Treatment
- > Liver Failure Treatment
- > Pancreatic Disease
- > Gall Bladder Disease
- > Esophagus Disease
- > Intestinal Disease

SPECIALITY SERVICES

- > Hepatitis Treatment
- > Liver Transplantation
- > Chronic Liver
- > Colonoscopy
- > Endoscopy
- > Sigmoidoscopy
- > ERCP
- > Acidity Treatment

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