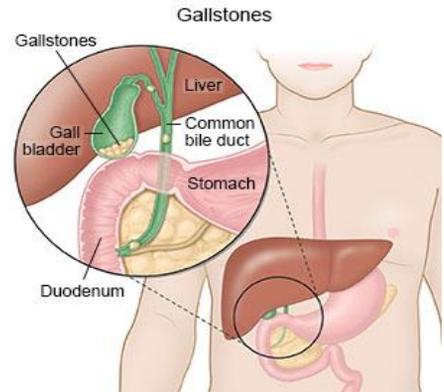


Gallstones

What are gallstones? Gallstones are hard substances that form in gallbladder or bile duct. Gallbladder and bile duct are located on the right side of abdomen, near liver. Gallbladder stores bile. Bile helps break down the fat which we eat. Gallbladder also helps remove certain chemicals from body.

What causes gallstones? Gallstones develop when gallbladder does not empty correctly. Stones can form from different bile materials. The following may increase risk:

- Obesity or not enough physical activity
- Pregnancy
- A family history of gallstones
- A health condition such as diabetes, cirrhosis, or nonalcoholic fatty liver disease
- Rapid weight loss
- Surgery on your intestines
- Certain medicines, such as estrogen, antibiotics, and cholesterol-lowering medicines



What are the signs and symptoms of gallstones?

- Nausea and vomiting
- Feeling bloated
- Clay-colored bowel movements
- Dark urine

How are gallstones diagnosed?

- Gallstones can usually be confirmed using an ultrasound scan

How are gallstones treated?

- **Antinausea medicine** may be given to calm stomach and to help prevent vomiting.
- **Prescription pain medicine** Some prescription medicines like acetaminophen.
- **Surgery** may be needed to remove gallbladder stone.

How to prevent gallstones?

- **Eat a variety of healthy foods.** Healthy foods include fruits, vegetables, whole-grain breads, low-fat dairy products, beans, lean meat, and fish. Try to eat regular meals during the day. This will help your gallbladder empty.
- **Exercise as directed.**
- **Manage your weight.** it is important to reach a healthy weight. Lose weight slowly because rapid weight loss can increase your risk for gallstones.