

# Gastrointestinal Conditions Video Library


HealthClips™ Video Library: [allinahealth.healthclips.com](http://allinahealth.healthclips.com)

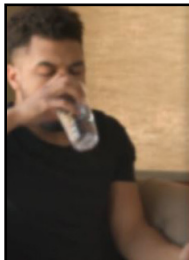


- Open your smart phone’s camera.
- Hold the phone over the QR code.
- Click on the yellow link.
- Click on the video.

Use the QR code at left to access the entire video library.

## □ Having an Appendectomy





**AT-HOME CARE**

- Take medicines as directed.
- Take fiber or a stool softener.
- Don't do any strenuous activity or heavy lifting.
- Don't drive.

Watch this [video](#) to learn about surgery to remove your appendix.

## □ Gallbladder Surgery (Cholecystectomy)





Watch this [video](#) to learn how stones in the gallbladder can cause painful symptoms.


## □ Gastritis

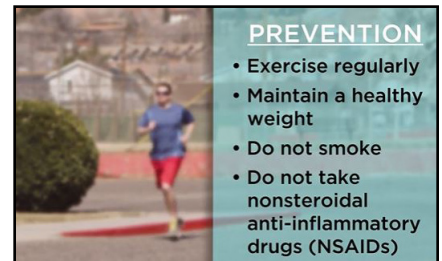




Watch this [video](#) to learn about the many causes of gastritis, treatments, and how you can prevent it.

## □ Diverticulitis





**PREVENTION**

- Exercise regularly
- Maintain a healthy weight
- Do not smoke
- Do not take nonsteroidal anti-inflammatory drugs (NSAIDs)

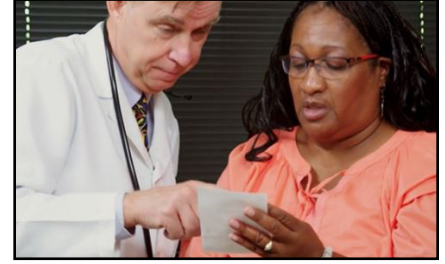
Watch this [video](#) to learn how diverticuli in the colon become inflamed and infected. Learn about symptoms and treatments.

## □ Diverticulosis



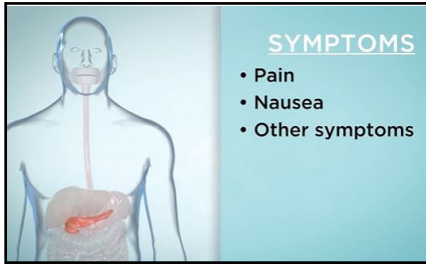
Watch this [video](#) to learn how diverticulosis occurs when part of the colon bulges through a muscular layer into the abdomen.

## □ Peptic Ulcer Disease



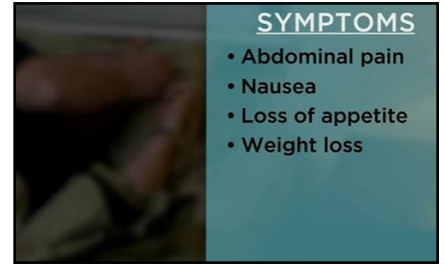
Watch this [video](#) to learn how peptic ulcers are erosions in the lining of the esophagus, stomach or duodenum.

## □ Chronic Pancreatitis



Watch this [video](#) to learn how this condition develops and what treatment your doctor may recommend.

## □ Alcoholic Hepatitis



Watch this [video](#) to learn how excessive alcohol use and can progress to fatty liver and cirrhosis if the alcohol abuse continues.