

Common Terms and Acronyms

BID: Before meals.

BM: Bowel Movement.

BMP: Basic Metabolic Panel. A panel of 8 blood tests which provides information about one's metabolism, including blood sugar, calcium, kidney function, electrolytes, and acid base/balance.

Button Tube: A low-profile feeding tube which sits at skin level.

CBC: Complete Blood Count. A blood test that measures the number and types of cells that circulate in your blood.

CMP: Comprehensive Metabolic Profile. A panel of 14 blood tests which provides an overall picture of the body's chemical balance and metabolism. Cholesterol, protein level, and liver function tests are included in this profile.

CNA: Certified Nursing Assistant. Assists patients or clients with healthcare needs under the supervision of a Registered Nurse (RN) or a Licensed Practical Nurse (LPN).

Colectomy: Removal of a portion or the entire colon.

Colostomy: An opening in the abdomen which is made during surgery. The end of the colon (large intestine) is brought through this opening to form a stoma. The stoma is the lining (mucosa) of the intestine. The intestines work as before, except the colon and rectum beyond the colostomy are disconnected or removed, and the anus is no longer the exit for stool (but will still pass mucus from time to time).

D.O.: Doctor of Osteopathic Medicine. A fully trained and licensed physician who practices in all areas of medicine, emphasizing a whole-person approach to treatment and care. DOs focus on prevention and on the impact of the patient's lifestyle and environment on his/her well-being. DOs stress total health in mind, body, and spirit -- not just treatment of symptoms.

DTP: Digestive Tract Paralysis.

DX: Diagnosis.

Electrolytes: Minerals in blood, urine, tissues, and other body fluids which have an electric charge. Electrolytes help balance the amount of water and acid/base (pH) level in the body, move nutrients into cells, move waste out of cells, and ensure proper function of the nerves, muscles, heart, and brain. Common electrolytes include: calcium, chloride, magnesium, phosphorus, potassium and sodium.

Endoscopy/Scope: Procedure whereby a long, flexible tube with a camera is used to view the GI tract.

Enteral Feeding: Delivering food/nutrition directly to the stomach or small intestine.

Gastric Electrical Stimulator/Pacemaker/Pacer/Enterra Neurostimulator: A small neurostimulator which is placed in the abdomen to help control nausea and vomiting. It delivers mild electric pulses to the lower stomach.



GES: Gastric Emptying Study. Measures the speed in which food empties from the stomach into the small intestine.

GI: Gastrointestinal. Also used to refer to one's gastroenterologist. Pertaining to the stomach and intestines.

G/J-Tube: Gastrojejunostomy Tube. A feeding tube which accesses both the stomach and the jejunum (middle part of the small intestine).

GP: Gastroparesis. Paralysis of the stomach; delayed emptying of the stomach. (GP may also refer to General Practitioner).

G-POEM: Gastric Per-Oral Endoscopic Myotomy.

G-Tube: Gastrostomy (or Gastric) Tube. An abdominal feeding tube which delivers nutrition directly to the stomach.

Hemorrhoids: Swollen veins inside the anus (internal hemorrhoids) or under the skin around the anus (external hemorrhoids).

Hx: Medical History.

ICU: Intensive Care Unit.

Idiopathic: Of unknown/uncertain cause.

Ileostomy: An opening in the belly (abdominal wall) which is made during surgery. The end of the ileum (the lowest part of the small intestine) is brought through this opening to form a stoma, usually on the lower right side of the abdomen.

IV: Intravenous. "Within a vein." Most often refers to administering medicines or fluids through a needle or tube inserted into a vein. This allows the medicine or fluid to enter the bloodstream immediately.

J Pouch: Ileal pouch-anal anastomosis. Allows elimination of waste normally without the need for an external pouch to collect waste, after removal of the upper and lowest parts of the large intestine (colon and rectum).

J-Tube: Jejunostomy Tube. A feeding tube placed directly into the jejunum (middle part of the small intestine).

K Pouch: Kock Pouch Ileostomy. The end of the small intestine (ileum) is connected to the outside surface of the skin by creating a permanent opening (stoma).

Lumen: The cavity or channel within a tube or tubular organ such as a blood vessel or the intestine.

MA: Medical Assistant.

MD: Medical Doctor.



NA: Nursing Assistant.

NG Tube: Nasogastric Tube. A feeding tube which is passed through the nostril, down into the stomach.

NJ Tube: Nasojejunal Tube. A feeding tube which is passed through the nostril, through the stomach, and down into the middle part of the small intestine (called the jejunum). It essentially bypasses the stomach.

NPO: Nothing by mouth.

OTC: Over-The-Counter. Medicines sold directly to the consumer without a prescription from a healthcare professional.

PA: Physician Assistant.

PCA: Patient Care Assistant.

PCP: Primary Care Physician.

PEG Tube: Percutaneous Endoscopic Gastrostomy Tube. This is a G-Tube which is placed endoscopically.

PEJ Tube: Percutaneous Endoscopic Jejunostomy Tube. This is a J-Tube which is placed endoscopically.

PICC Line: Peripherally Inserted Central Catheter. A catheter inserted through a vein in order to deliver nutrition and/or medications more easily and efficiently.

POTS: Postural Orthostatic Tachycardia Syndrome. A form of dysautonomia in which changes in body position result in an increased heart rate and accompanying problems.

QAD: Every other day.

QD: Every day.

QHS: Every night at bedtime.

QID: Four times per day.

RD: Registered Dietitian. Food and nutrition expert who can translate the science of nutrition into practical solutions for healthy living.

RN: Registered Nurse.

RX: Prescription.

SIBO/SBBO: Small Intestinal Bacterial Overgrowth/Small Bowel Bacterial Overgrowth. Excessive bacteria in the small intestine.



Spoon Theory: Please see <http://www.butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/>. This is a common explanation used by those with chronic illness to explain the amount of energy needed and used in a day. It is the reason we are sometimes referred to as “spoonies.”

SL: Sublingually, under the tongue.

Stoma: The opening in the body where the feeding tube passes through.

TID: Three times per day.

TPN: Total Parenteral Nutrition. Providing nutrition directly into the bloodstream. A central IV line is surgically placed for this method of providing nutrition.

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** Employee Identification Number: 04-3125259.*

