

NHS Rotherham Dyspepsia Guidelines Rotherham Patient presents to If at **ANY** stage during this pathway the patient develops warning GP signs send for urgent 2 week wait referral *Warning Signs: Progressive, unexplained weight loss GI bleeding, Persistant Anaemia, Persistant Vomitting, Epigastric mass Any age patient with Patient >55 with Any age patient with Progressive difficulty swallowing unexplained**and no warning signs and warning signs* persistent*** recent recent onset onset dyspepsia dyspepsia **unexplained = no cause found after medication review, physical examination and primary care investigations inc H.Pylori. ***Persistent = continuation of Urgent 2 week wait Urgent 2 week wait Medication review. symptoms beyond what would be lifestyle advice and antacids/alginates expected to be considered self (Mucogel or Peptac). limiting i.e 4-6 weeks. Continue therapy for 2-4 weeks Test **and** Treat. H-Pylori. Stool test Step up / down guidelines: If patient continues with dyspepsia symptoms start on Lansoprazole 15mg daily. Review after approx 4 weeks, if symptoms controlled remain on this dose aiming to withdraw treatment. If the H. Pylori Negative H. Pylori Positive patient remains symptomatic increase to 30mg daily Treat as per guidelines for triple reviewing after 4 weeks, if symptoms controlled reduce therapy for 1 week. to 15mg daily stepping down to use the lowest possible CHECK ALLERGY dose for the shortest duration. If medication use is high **STATUS &** and symptoms are not controlled on 30mg daily after INTERACTIONS (See antibiotic 4 weeks consider referral for gastroscopy. guidelines) If a patient has an ADR to Lansoprazole use Pantoprazole. Patient remains symptomatic Lansoprazole 15mg od. Step up or down as detailed. Patient remains Symptom free – reiterate symptomatic - reiterate lifestyle advice and self lifestyle advice & medication with simple Lansoprazole 15mg for 4 antacids for occasional If patient remains weeks following step up / symptoms symptomatic after down guidelines stepping up to maximum PPI dose for at least 4 weeks

consider referral for gastroscopy