

# NHS FORTH VALLEY

## Dyspepsia and Reflux Guidance

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<b>Author / Contact</b>	Oliver Harding	
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## Management of Policies Procedure control sheet

(Non clinical documents only)

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## Consultation and Change Record – for ALL documents

<b>Contributing Authors:</b>	Stuart Paterson, Consultant Gastroenterologist		
<b>Consultation Process:</b>			
<b>Distribution:</b>			
<b>Change Record</b>			
<b>Date</b>	<b>Author</b>	<b>Change</b>	<b>Version</b>

## Definitions

Dyspepsia: “central upper abdominal discomfort for 3 months in a year”

Heartburn/ reflux: “retro-sternal discomfort”

## Caveats

If there is suspicion of.....

1. Upper GI cancer – refer for [FV Upper GI Cancer Referral Guideline](#)

Alarm triggers are:

**Dysphagia** – food sticking on swallowing (any age).

**Dyspepsia** at any age combined with one or more of the following ‘alarm’ symptoms:

- Weight loss.
- Proven anaemia
- Vomiting.

**Dyspepsia** >55 yrs with at least one ‘high risk’ feature:

- Onset of dyspepsia less than one year ago.
- Continuous symptoms since onset.

**Dyspepsia** combined with at least one risk factor:

- Family history of Upper GI cancer in more than two first degree relatives.
- Family history of colorectal cancer (familial adenomatous polyposis, hereditary non-polyposis colorectal cancer).
- Barrett’s oesophagus.
- Pernicious anaemia
- Peptic ulcer surgery over 20 years ago.
- Known dysplasia, atrophic gastritis, intestinal metaplasia.

**Jaundice**

**Upper abdominal mass**

**Back pain and weight loss**

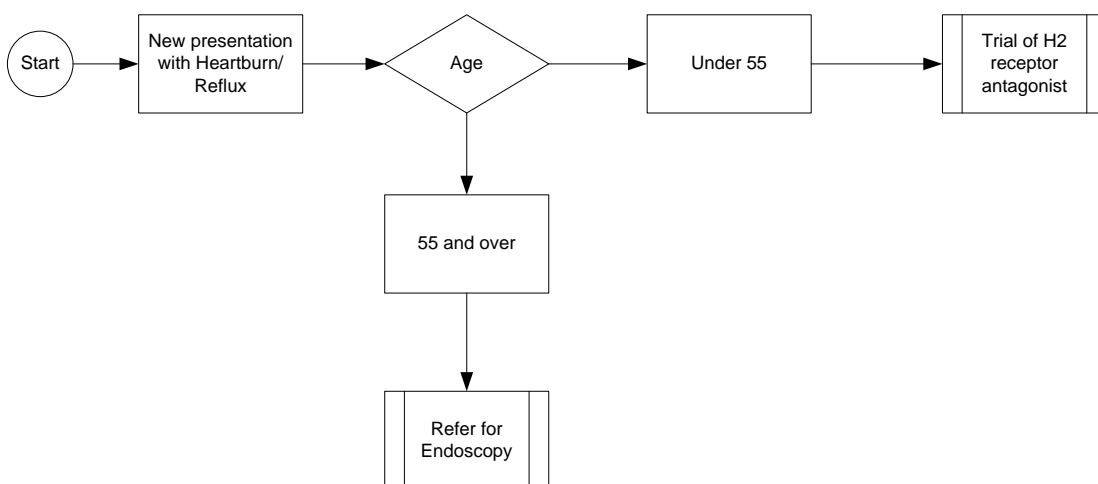
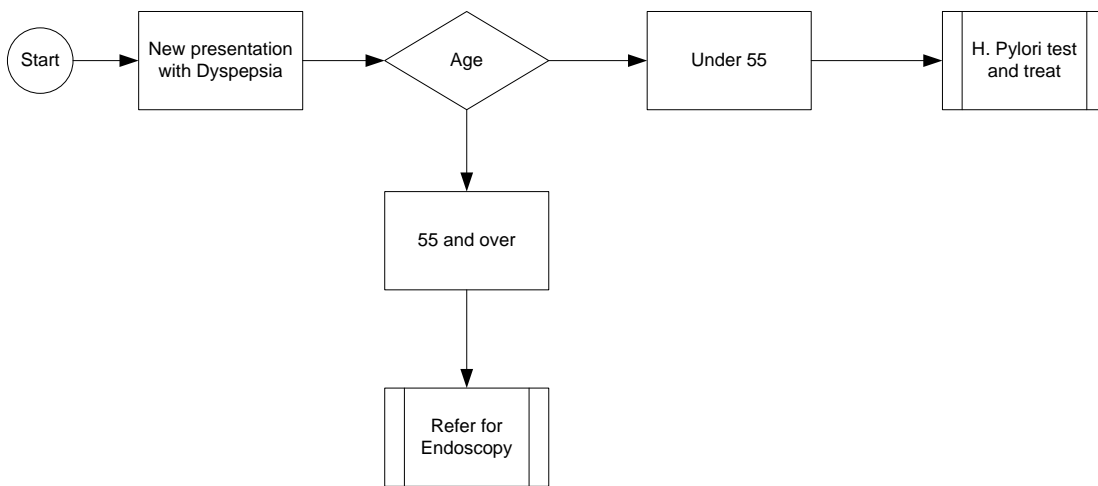
2. Cardio-vascular disease – [refer for investigation](#)

## Lifestyle advice

In addition to the following processes patients with dyspepsia and heartburn will all/ most benefit from the following, where relevant:

- [Stop smoking](#)
- [Eliminate alcohol or reduce consumption to recommended levels](#)
- [Achieve and maintain a healthy weight](#)
- Avoid foods which trigger symptoms (e.g. fatty foods, coffee, chocolate, fatty foods)
- Pillows/ raise head of bed
- Relaxation

## Process maps



**See also the following guidelines:**

Investigations:

- [Endoscopy – referral criteria](#)
- [Radiography](#)

Treatment:

Prescribing -

- [Upper GI medicines including PPIs \(FV formulary\)](#) Section 1.1 (pg 11)
- Esomeprazole guidance

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