# OUTPATIENT GP REFERRAL GUIDELINES
## GASTROENTEROLOGY
Southern Adelaide Local Health Network (SALHN)

## Dyspepsia
- Consider non gastrointestinal causes (angina, pleuritic pain, musculoskeletal)
- Predominant heartburn or acid regurgitation should be treated as gastro-oesophageal reflux disease and is not part of the definition of dyspepsia
- Routine breath testing to confirm eradication of Helicobacter pylori is not required

## Information Required
<table>
<thead>
<tr>
<th>Investigations Required</th>
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<td>FBE, EUC, LFTs, Amylase/lipase, CRP</td>
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## Investigations Required
- Presence of Red flags
- Duration
- Drugs (NSAIDs)
- Smoking and alcohol
- Family history of upper gastrointestinal malignancy

## Fax Referrals to
- Gastroenterology Outpatient Clinic
  Flinders Medical Centre 8204 5555

## Red Flags
- **LOW**
  - Progressive dysphagia
  - Recurrent vomiting
  - Evidence of GI bleeding

## Suggested GP Management

### Patients ≤55yrs without Red flag symptoms taking NSAIDs
- Consider discontinuing NSAID or add acid suppression therapy with a proton pump inhibitor (PPI)

### Patients ≤55yrs without Red flags not taking NSAIDs
- The “test and treat” regimen is recommended:
  - *H.pylori* testing using the urea breath test or stool Ag test with subsequent eradication therapy in positive cases. If pain persists, commence empirical PPI for 4 weeks
  - Those of whom are *H.pylori* negative should commence empirical PPI for 4-8 weeks

## Indications for referral
- Patient aged >55yrs or presence of Red flag symptoms
- Patient belongs to one of the above groups and pain is persistent despite the recommendations above

## When to assess for *H.pylori* eradication
- *H.pylori* eradication rates approximate 80%. Whilst confirmation of eradication can be obtained by performing a urea breath 2four weeks after completion of therapy, confirmation of eradication is only indicated in the following circumstances*:
  - Patients have persistent dyspepsia following *H.pylori* eradication therapy
  - Patients who have had an *H.pylori* associated ulcer
  - Patients with gastric mucosal associated lymphoid tissue (MALT) lymphoma
  - Patients with a past history of gastric cancer

## Clinical Resources
- Therapeutic Guidelines [www.tg.org.au](http://www.tg.org.au)

## Patient Information
- Gastroenterological Society of Australia: information about Helicobacter Pylori.

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General Information to assist with referrals and the and Referral templates for FMC are available to download from the SAHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNoutpatients](http://www.sahealth.sa.gov.au/SALHNoutpatients)

<table>
<thead>
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<th>Version</th>
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<th>Date to</th>
<th>Amendment</th>
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<tbody>
<tr>
<td>2.1</td>
<td>Nov 2017</td>
<td>Nov 2019</td>
<td>Removed RGH details</td>
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