### Clinical Condition: Gastro-oesophageal reflux disease

#### Eligibility

Many referrals appear to be for the purpose of undertaking an endoscopy in patients with reflux symptoms. In general, endoscopy is only warranted when:

- a. Symptoms persist or progress on appropriate therapy
- b. New symptoms in a patient > 45 years of age.
- c. Symptoms suggest severe oesophagitis may be present:
  - a. haematemesis
  - b. persistent or progressive dysphagia
- d. Other diagnoses seem possible:
  - a. infective oesophagitis
  - b. drug-induced oesophagitis
  - c. oesophageal malignancy – progressive dysphagia, weight loss

Patients who do not respond adequately to standard-dose PPI therapy, e.g. pantoprazole 40 mg daily, should:

1. be checked to determine that they are taking the medication properly, i.e. before food.
2. be given a trial of twice-daily PPI therapy – before breakfast, before evening meal.

Symptoms that relapse after stopping therapy are not an indication for endoscopy. This is an expected response and should be managed by continuing therapy.

### Priority and how to access services

Ensure any referral for suspected GORD considers and addresses the points raised above. As for all conditions, referrals should either be by discussion with surgical reg on call (if concerned) or by fax/letter to OPD.

### Information required with referral

Information that is extremely helpful is assessing referrals for reflux disease includes:

- Presence and nature of any **alarm symptoms**: dysphagia, odynophagia, weight loss, nocturnal cough or choking, haematemesis,
- Presence of Barrett’s oesophagus (if previously documented)
- Current and previous drug therapy
- Previous endoscopy results (and reports where available)
- Results of any other relevant investigations, e.g. oesophageal manometry / reflux monitoring, barium swallow.
| Investigations required with referral | Any past endoscopy reports  
Recent FBC  
Any past barium swallows or other relevant radiology |
|--------------------------------------|------------------------------------------------------------------|
| Pre-Referral management strategies   | Ensure patient is taking PPI as instructed  
Trial of BD PPI                                                    |