

# ABDOMINAL PAIN

GSE-2 Protocol and Pathway – Gastroenterology Specialty (14/03/2011)

## Abdominal Pain

### Patient Presenting Symptoms:

- Pain in abdomen / colic
- Diarrhoea
- Constipation
- Vomiting
- History of bleeding PR
- Loss of appetite
- Loss of weight
- History of altered bowel habits
- Bloating of abdomen

### GP Assessment / Examination

- Look for site of pain
- Onset of pain
- Duration & progression of pain
- Radiation of pain
- Any aggravating or relieving factors
- Change in bowel habit
- Look for jaundice
- Urinary symptoms
- Gynaecological symptoms
- Examination of abdomen for liver/spleen enlargement and any palpable lump/mass

### Chronic Abdominal Pain

#### Alarm Features:

- Rectal bleeding
- Unexplained weight loss
- Family history of bowel or ovarian or bladder or uterine cancer
- Patient over age of 60 years with symptoms

### Investigation

- Height, Weight & BMI
- FBC, ESR, CRP, LFT & U&E's
- Urine dipstick
- Stool microscopy & culture
- Faecal occult blood
- Helicobacter stool antigen
- Abdominal ultrasound
- TTGA (coeliac screen)

If all above investigations are negative, please consider IBS

Treat the patient according to investigation result

### IBS Positive Diagnosis Criteria

- Abdominal pain
- Bloating of abdomen
- Change of bowel habit

### Treatment

#### Lifestyle, Diet & Physical Activity

- Assess diet with respect to fibre intake
- Consider referral to dietician
- Patient information resource
- With dietary
- Lifestyle
- Self help advice

#### Drug Therapy

- Consider single or combination therapies
- Antispasmodics
  - Antitmotility agents
  - Laxatives
- Second line therapy:
- Tricyclics (or SSRIs)

## Key

Patient presents

GP level intervention

Alternative Outpatient Service

Acute hospital

Red flag