

Management of Dyspepsia

Change in Clinical Pathway - Key messages

Think H. Pylori before PPI

An amendment to the Clinical Pathway for the Management of Dyspepsia was agreed by the Derbyshire Joint Area Prescribing Committee (JAPC) which came into effect from September 2017.

The amendment means appropriate patients are asked to take a stool test to determine for H. Pylori prior to being prescribed PPI's and/or referred for an endoscopy.

For patients this means investigating the source of the problem and treating in a timely manner where H. Pylori is expected.

We suggest this timing, as many patients are reluctant to stop PPI's once begun as their symptoms improve on PPIs. Stopping PPI's needs to happen four weeks prior to a H. Pylori stool antigen test to prevent false negative results.

This does not stop it from being prescribed, but simply utilises this prime time for thinking about testing for the presence of *Helicobacter pylori*, a bacteria which can be eradicated with medication (usually combination antibiotics and short - term PPI), thus reducing the long - term need for PPI prescribing and with the potential to reduce endoscopies.

This is a simple change and yet with great potential to reduce the unnecessary prescribing of PPIs and carrying out of some avoidable endoscopies.

Think H. Pylori before PPI

Dyspepsia Guidelines:-

Medicines Management website

www.derbyshiremedicinesmanagement.nhs.uk

Southern Derbyshire Primary Care website

www.southernderbyshireccg.nhs.uk/primary-care