

## HISTORY

HPC

- Duration symptoms
- Bleeding nature: Melena / Bright red / On paper / Mixed in stool / Clots / Mucus
- Haematemesis
- Anemia symptoms: Chest Pain / SOB / Lethargy / Postural Hypotension
- Abdo pain
- Changes in bowel habit: Constipation / Loose
- Recent GI surgery / trauma
- Fevers / Night sweats

PMH

- Inflammatory bowel disease
- Coagulation disorders
- Diverticular disease
- Recent lower GI radiotherapy
- UGIB risk factors: Ulcer / Varices
- GI malignancy risk factors: Previous malignancy / Weight loss

DH

- Anti-platelets
- Anticoagulation
- NSAIDS / Steroids

SH / FH

- Smoking status: Non / Current / Ex
- Recent foreign travel
- Alcohol excess

## EXAMINATION

GENERAL OBSERVATIONS

- Distressed / Pain
- Patient pallor / jaundiced

AIRWAY

- Ensure airway patent

BREATHING

- Physical Observation: FiO<sub>2</sub> / RR / SaO<sub>2</sub>
- Auscultation: Wheeze / Crackles / Air entry

CIRCULATION

- Physical Observation: HR / BP
- Fluid input-output: Fluid balance
- Heart sounds: Murmurs
- Pulse: Regular / Irregular / Volume
- CRT: Central / Peripheral
- Mucus membranes: Moist / Dry

DISABILITY

- Physical Observation: Temp
- GCS

EXPOSURE

- Abdo palpation: Distended / Pain / Peritonitic
- PR examination: Haemorrhoids / Fresh blood / Melena / Fissure

## INVESTIGATIONS

BLOODS

- FBC / U&E / CRP
- LFT / Amylase
- Clotting / Group and Save

VBG

- pH
- Lactate

ECG

- Rate
- Rhythm: Arrhythmia
- Ischaemia: ST segment / T wave inversion / New LBBB

AXR

- Dilated bowel loops
- Drain pipe colon / Thumbprinting / Megacolon
- Pneumoperitoneum / Rigler's sign
- Faecal loading

STOOL ANALYSIS

- Culture
- Calprotectin

MICRO

- Cultures: If Temp > 38

CT ABDO/PELVIS

- Malignancy
- Peptic ulcer
- Colitis
- Diverticular disease

DISCUSS WITH SENIOR  
+/- CT ANGIO

SIGMOIDOSCOPY COLONOSCOPY

- Haemorrhoids
- Diverticular disease
- IBD
- Malignancy

DISCUSS WITH SENIOR

## POTENTIAL DIFFERENTIALS

ANAL FISSURE

HAEMORRHOIDS

RECTAL VARICES

GASTROENTERITIS

IBD FLARE

POST RADIOTHERAPY PROCTITIS

GI MALIGNANCY

GI TRAUMA / SURGERY

DIVERTICULITIS