

Dyspepsia: Outpatient Care Protocol

Alarm features *J1,J2, J3,J4, J5, J6,B1*

Uncomplicated dyspepsia can be managed at outpatient clinic by providing symptomatic treatment. However, dyspepsia associated with alarm features should be immediately referred to hospital for prompt treatment. The alarm features are:

- Age >55 or children under 10 years with new onset symptoms
- Gastrointestinal bleeding(blood in vomiting and stools)
- Unexplained weight loss (>3kg)
- Progressive dysphagia or persistent painful swallowing
- Persistent vomiting
- Signs of anemia (Pallor)
- Palpable mass or lymphadenopathy
- Jaundice