Management of Dyspepsia Guidelines

Our Unit has adopted the following management algorithms that have been developed by a multidisciplinary group from The Royal Infirmary of Edinburgh, St John's Hospital at Livingston and the Western General Hospital of Edinburgh (1999).

A. Investigation of Dyspepsia

![Dyspepsia Flowchart]

**Notes:**

**Abbreviations:**
- HP - *Helicobacter Pylori*
- FD - Functional dyspepsia
- GORD - Gastro-oesophageal reflux disease

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B. Treatment of Gastro-Oesophageal Reflux Disease

Symptomatic treatment**
Life style advice

<table>
<thead>
<tr>
<th>Do</th>
<th>Don’t</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lose weight if necessary</td>
<td>Smoke</td>
</tr>
<tr>
<td>Sleep with bed-head raised</td>
<td>Take too much alcohol</td>
</tr>
<tr>
<td>Take regular meals</td>
<td>Eat fatty or spicy foods</td>
</tr>
<tr>
<td></td>
<td>Eat late at night</td>
</tr>
<tr>
<td></td>
<td>Stoop to pick things up</td>
</tr>
<tr>
<td></td>
<td>Wear tight clothing</td>
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Antacids
Use Mucogel
Remember:
Time doses according to symptoms timing.
Prescribe after food.

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