

# Dyspepsia

Initial evaluation, H. pylori testing, and stepwise treatment of uninvestigated and functional dyspepsia.

GRADE Strong Rec Conditional Rec

## 1 Initial Evaluation

**2** Patients **≥60 years** with dyspepsia should have **endoscopy** to exclude upper GI neoplasia.

**2** Endoscopy is **not suggested** to investigate alarm features in patients **< 60 years** for the purpose of excluding upper GI neoplasia — alarm features have limited predictive value in this age group.

**1** Patients **< 60 years** should have a **non-invasive test for *H. pylori***, with eradication therapy if positive (“test-and-treat”).

## 2 Empirical Therapy (<60y, H. pylori-negative)

**1** Patients **< 60 years** who are *H. pylori*-negative, or who remain symptomatic after eradication therapy, should receive **empirical PPI therapy**.

## 3 Functional Dyspepsia — Sequential Treatment Ladder

| STEP                            | APPROACH                                                        | GRADE         |
|---------------------------------|-----------------------------------------------------------------|---------------|
| H. pylori-positive FD           | Treat the infection — symptom resolution supports the diagnosis | 1·Strong      |
| H. pylori-negative / persistent | PPI therapy                                                     | 1·Strong      |
| PPI failure                     | Tricyclic antidepressant (TCA) therapy                          | 2·Conditional |
| PPI + H. pylori + TCA failure   | Prokinetic therapy                                              | 2·Conditional |
| Failure of drug therapy         | Psychological therapies                                         | 2·Conditional |

## 4 Not Recommended / Selected Testing

**2** **Against** routine use of complementary and alternative medicines for functional dyspepsia.

**2** **Against** routine gastric motility studies for functional dyspepsia — reserve for **selected patients where gastroparesis is strongly suspected**, where motility testing is then suggested.