

Gastro-oesophageal Reflux (GORD)

- GORD can manifest in a multitude of symptoms, the most common being heartburn and regurgitation

Information Required

- Presence of Red flags
- Symptom duration
- Treatment prescribed

Fax Referrals to

Gastroenterology

- Patients aged ≥ 50 yrs, those with red flag features or with symptoms refractory to PPI after a minimum of two months should be referred to Gastroenterology for endoscopy
 Flinders Medical Centre 8204 5555

Oesophago-Gastric Surgical Unit

- Typical reflux symptoms (heartburn and or regurgitation) and ongoing significant symptoms despite regular high dose PPI use consider referral to Oesophago-Gastric Surgical Unit for laparoscopic fundoplication
 Flinders Medical Centre 8204 5555

Red Flags

- | | |
|--|---|
|  Weight loss |  Dysphagia |
|  Anaemia |  Gastrointestinal bleeding |
|  Anorexia |  Epigastric mass |
|  Persistent vomiting | |

Suggested GP Management

If the patient is aged < 50 yrs with no red flag features, the following is recommended:

- Empirical treatment with proton-pump inhibitor (PPI). This can be increased to twice daily dosing if symptoms are not relieved by once daily dosing
- Advise weight loss if patient is overweight or obese
- Avoidance of precipitating factors (coffee, chocolate, alcohol, fatty foods, acidic foods and carbonated drinks)
- Elevation of head of the bed if heartburn or regurgitation occurs predominantly when recumbent

Clinical Resources

- Reflux Disease (Gastroenterological Society of Australia) 2011.
www.gesa.org.au/professional.asp?cid=9&id=121
- American Gastroenterological Association Medical Position Statement on the Management of GERD: Karhnilas et al. Gastroenterology 2008;135:1383-91.
[www.gastrojournal.org/article/S0016-5085\(08\)01606-5/fulltext](http://www.gastrojournal.org/article/S0016-5085(08)01606-5/fulltext)
- Australian and New Zealand Gastric and Oesophageal Surgery Association (ANZGOSA)
http://www.anzgosa.org/reflux_disease.html

Patient Information

- Gastroenterological Society of Australia health information fact sheet: Heartburn.
www.gesa.org.au/files/editor_upload/File/GESA%20Heartburn.pdf

General Information to assist with referrals and the and Referral templates for FMC are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients

Version	Date from	Date to	Amendment
2.1	Nov 2017	Nov 2019	Removed all RGH details