

Management of upper gastrointestinal bleeding

This visual summary presents a practical approach to initial management of patients with upper gastrointestinal bleeding. Peptic ulcers are the most common cause of serious bleeding from the oesophagus, stomach, and duodenum, and can be identified with simple diagnostic tests.

Actions in parallel



Obtain blood chemistry



Obtain medical history

Initial assessment

Check circulatory status to assess need for immediate interventions.

Blood pressure may remain normal initially, so increased heart rate is a more sensitive measure of circulatory status.

Haemodynamically stable



Signs of current bleeding

- Hematochezia
- Haematemesis

Urgent intensive care involvement required for:



- Haemodynamically unstable
- Airway compromise
- Hypoxia
- Reduced level of consciousness

Initial resuscitation



2 x Large bore intravenous access



Intravenous fluids



Urinary catheter (if required)



Pharmacological treatment (proton pump inhibitor)

Risk stratification Glasgow-Blatchford Score (GBS)

Systolic blood pressure mmHg

100–109	1
90–99	2
< 90	3

Blood urea mmol/L

6.5–7.9	2
8.0–9.9	3
10.0–24.9	4
≥ 25.0	5

Haemoglobin g/dL

Men	Women	
12.0–12.9	10.0–11.9	1
10.0–11.9		3
< 10.0	< 10.0	5

Pulse ≥ 100	1
Melaena	1
Syncope	2
Hepatic disease	2
Cardiac failure	2

Total score

0–1

Low risk of death. Can be considered for outpatient management.

2–5

Increased risk of 30-day mortality

6–7 Predicts need for endoscopic haemostatic intervention, but needs individual evaluation

Total score

0–1

Early discharge
Endoscopy in outpatient clinic

Total score

2+

Proton pump inhibitor
Eradication of any *Helicobacter pylori* infection

Haemodynamically stable
Endoscopy within 24 hours

Successful haemostasis

Embolisation therapy

Transcatheter arterial embolisation should be considered as the next alternative after unsuccessful endoscopy, because it is effective and associated with less risk of major complications than surgery.

Haemodynamically unstable
Emergency endoscopy

Not successful haemostasis

Surgery

If transcatheter arterial embolisation is unsuccessful or not available, surgery is the only remaining treatment to stop peptic ulcer bleeding. A minimal surgical approach with over-sewing of the ulcer is preferable, but depending on size and location of ulcer, open surgery may be required.



Upper Gastrointestinal Bleeding Guidelines

Clifford Lane



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