

PEPTIC ULCER

H. PYLORI

STRONGLY RECOMMENDED TO ERADICATE: gastric & duodenal ulcer; atrophic changes in gastric mucosa; following resection of gastric cancer; infected patients who are 1st degree relatives of patients with gastric cancer

RECOMMENDED TO ERADICATE: use of NSAIDs; non-ulcer dyspepsia; GERD receiving long-term PPI

RESISTANCE: increasing against clarithro and levo (= all or none phenomenon)

Metronidazole: 20%
Clarithro/Levo: 0-12% (↑)
Amoxicillin < 1%
Tetracycline 0-3%

DURATION: 7-14 days

INCREASED ERADICATION (by 10%) WITH 14 DAY THERAPY

MAINTENANCE THERAPY: not needed unless

- Hx of ulcer-related complications
- Failure H. pylori eradication

TRIPLE THERAPY →

H. PYLORI ERADICATION:
Triple 76-85%
Quadruple 87-94%

PPI + clarithromycin + amoxicillin
PPI + clarithromycin + metronidazole
PPI + amoxicillin + metronidazole
PPI + amoxicillin + levofloxacin

Clarithromycin 500 mg BID
Amoxicillin 1 g BID
metronidazole 500 mg BID
Levofloxacin 250 mg BID

BISMUTH QUADRUPLE THERAPY →

Bismuth + PPI + metronidazole + tetracycline
Bismuth + PPI + metronidazole + clarithromycin

Bismuth 525 mg QID
Metro 250-500 mg QID
Tetracycline 500 mg QID
Clarithro 250-500 mg QID
PPI BID

OTHER QUADRUPLE THERAPY →

PPI + amoxicillin + clarithromycin + metronidazole

Sequential: 5 days PPI + amox → 5 days PPI + clarithro + metro
Concomitant: 14 days on all 4 medications

Amoxicillin 1 g BID
Clarithromycin 500 mg BID
Metronidazole 500 mg BID

IF INITIAL THERAPY FAILED:

Check adherence
Use abx not used in initial therapy
If triple used → quadruple
If 7-10 days used → next txt 14 days

NSAID-INDUCED

PREVENTION

WHO: hx of PUD or upper GI bleed; also receiving corticosteroids, SSRIs, antiplatelets or anticoagulants; age > 65 years old; chronic major organ impairment; use of "high" dose or multiple NSAIDs (?)

PPI

MISOPROSTOL 200 mcg PO TID or QID
as effective as PPI for healing and 2^o prevention

NO EVIDENCE FOR SUBSTITUTION OF NSAID WITH COX2 INHIBITOR for preventing PUD

TREATMENT

D/C NSAID IF POSSIBLE
+
H₂RA (heal ulcers in 6-8 weeks)
or
PPI (heal ulcers in 4 weeks)
or
SUCRALFATE 1 g PO QID or 2 g PO BID (take on empty stomach)

IF NSAID CANNOT BE D/C
↓ NSAID dose
to minimum effective dose
+
PPI (will take longer to heal ulcer)

TEST FOR H. PYLORI
Treat if positive