

Direct Access to Gastrointestinal Endoscopy (DAGE): GP Symptom Assessment Guide

To be used in conjunction with the Gastroenterology Specialist Clinics Access and Referral Guidelines and DAGE pathway. Please review prior to endoscopy referral and include all relevant information on the referral.

Colorectal Cancer

In general practice, single symptoms are not strong predictors of colorectal cancer. **Consider combinations of symptoms or signs**, especially in people aged over 50, or with a family history. Risk of colorectal cancer is increased with more than one symptom.

Obtain a **full blood count and iron studies** in people with lower GI symptoms.

The following are the most important symptoms associated with colorectal cancer:

- Positive FOBT screening test (If >1 year since test then to repeat unless part of NBSP)
- Rectal bleeding, blood in stools
- Change in bowel habit (loose stools or constipation)
- Unintentional weight loss (Quantify the degree of weight loss and timeframe in the DAGE form)
- Hb <11g in men and <10g in non-menstruating women
- Rectal or abdominal mass (please provide imaging results)
- Abdominal pain (please provide imaging results if available)

Oesophageal or Gastric Cancer

In general practice, **dysphagia** in people over 55 years is the strongest predictor of oesophago-gastric cancer. **Consider combinations of symptoms or signs, especially in people aged over 55.** Risk of oesophago-gastric cancer is increased with more than one symptom.

The following are the most important symptoms and signs associated with oesophago-gastric cancer:

- Dysphagia
- Haematemesis
- Iron deficiency anaemia
- Epigastric pain
- Unintentional weight loss (specify degree of weight loss and time frame)
- Persistent nausea or vomiting
- Loss of appetite

Additional clinical information required

- Relevant family history
- Body mass index (BMI)
- Personal history of Barrett's oesophagus, Colorectal polyps, Inflammatory bowel disease or primary sclerosing cholangitis, alcohol excess, smoking
- Medical history: Venous thrombosis in the past year, previous malignancy
- Symptoms: any other relevant symptoms

The above information will be used to assess risk of cancer and determine the urgency for endoscopy.