

Right Upper Quadrant (RUQ) Abdominal Pain

Developed by	American Gastroenterological Association (AGA)
How developed	<p>A consensus panel was convened by the AGA. Literature (see below) was reviewed and recommendations were established.</p> <ul style="list-style-type: none"> • Uptodate.com • Sleisenger and Fordtrans’s Gastrointestinal and Liver Diseases 9th ed. Chapters 10,52,65,66 • Textbook of Gastroenterology, Yamada. 5th ed. Chapters 40, 74 • ACR Appropriateness Criteria Guidelines - Right upper abdominal pain. http://www.acr.org/~media/ACR/Documents/AppCriteria/Diagnostic/RightUpperQuadrantPain.pdf • Strasberg SM. Clinical practice. Acute calculous cholecystitis. <i>N Engl J Med.</i> Jun 26 2008;358(26):2804-11.
Additional essential patient information	<p>Description of Abdominal Pain</p> <ul style="list-style-type: none"> • Pain is constant or intermittent {choose one} • Duration of pain in weeks/months • Does the pain radiate? • Is the pain exacerbated or improved by food? • Does the patient have constipation? • Is the pain improved by PPI/H2 blocker/antacid? <p>Laboratory Tests</p> <ul style="list-style-type: none"> • CBC • Chemistry panel, including AST, ALT, alkaline phosphatase, Bilirubin • Amylase, Lipase • Pregnancy test <p>Imaging Studies</p> <ul style="list-style-type: none"> • RUQ ultrasound <p>Associated symptoms (nausea, vomiting, change in bowel habits, GI bleeding, melena or hematochezia, pruritus, weight loss, anorexia)</p> <p>Additional clinical history (abdominal surgery, bariatric surgery, gallstones, pancreatitis, alcohol use, NSAID use, immunocompromised)</p> <p>Physical exam (jaundice, abdominal mass, rebound tenderness, fever, guarding, Murphy’s sign, ascites, rectal exam)</p>
Additional patient information, if available	<p>Laboratory Tests</p> <ul style="list-style-type: none"> • Stool FOBT • Anti-TTG • Hepatitis A, B, C serology • <i>H. pylori</i> testing <p>Imaging Studies</p> <ul style="list-style-type: none"> • Abdominal CT • Abdominal MRI • UGI x-ray <p>Endoscopy</p> <ul style="list-style-type: none"> • EGD • ERCP
Alarm symptoms/conditions	A patient with hemodynamic instability, sudden onset pain, rebound tenderness, fevers, or gastrointestinal bleeding should be referred for urgent evaluation

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<p>Tests/procedures to avoid prior to consult</p>	<p>None provided.</p>
<p>Common rule-outs to consider prior to consult</p>	<p>Upper abdominal pain associated with exertion or dyspnea may suggest an acute coronary syndrome.</p> <p>Pleural or pulmonary etiologies in the lower thorax can cause upper abdominal pain.</p> <p>Acute right upper abdominal pain that radiates to the right flank may be suggestive of renal diseases such as right pyelonephritis or right ureteral colic.</p>
<p>Relevant "Choosing Wisely" elements</p>	<p>None provided</p>
<p>Healthcare professional and/or patient resources</p>	<p>Healthcare Professional Information:</p> <p>Uptodate at http://www.uptodate.com/contents/diagnostic-approach-to-abdominal-pain-in-adults</p> <p>ASGE. The role of endoscopy in the management of patients with peptic ulcer disease. http://www.asge.org/uploadedFiles/Publications_and_Products/Practice_Guidelines/The%20role%20of%20endoscopy%20in%20the%20management%20of%20patientswith%20peptic%20ulcer%20disease.pdf</p> <p>ASGE. The role of endoscopy in the evaluation of suspected choledocholithiasis. http://www.asge.org/uploadedFiles/Publications_and_Products/Practice_Guidelines/PIIS0016510709025504.pdf</p> <p>SSAT Guideline- Treatment of Gallstone and Gallbladder Disease. http://www.ssat.com/cgi-bin/chole7.cgi</p> <p>Patient Information:</p> <p>AGA Patient Center: http://www.gastro.org/patient-center</p> <p>Gallstones at http://www.gastro.org/patient-center/digestive-conditions/gallstones</p> <p>Hepatitis at http://www.gastro.org/patient-center/digestive-conditions/hepatitis</p> <p>Ulcer disease at http://www.gastro.org/patient-center/digestive-conditions/peptic-ulcer-disease</p> <p>National Digestive Diseases Information Clearinghouse (NDDIC)</p> <p>Gallstones at http://digestive.niddk.nih.gov/ddiseases/pubs/gallstones/index.aspx</p> <p>Hepatitis at http://digestive.niddk.nih.gov/ddiseases/topics/hepatitis.aspx</p> <p>Uptodate.com</p> <p>Stomach pain at http://www.uptodate.com/contents/stomach-ache-and-stomach-upset-the-basics?source=see_link</p> <p>Acute abdominal pain at http://www.uptodate.com/contents/acute-abdomen-belly-pain-the-basics?source=see_link</p> <p>Gallstones at http://www.uptodate.com/contents/gallstones-thebasics?source=see_link/www.emedicinehealth.com/rectal_bleeding/article_e_m.htm</p>