

**Key Facts:**

- Peptic ulcer disease (PUD) includes gastric and duodenal ulcers.
- The most common cause of PUD are ***Helicobacter pylori* infection** and use of **non-steroidal anti-inflammatory drugs (NSAIDs)**, although other causes should be considered.
- Complications of PUD include bleeding, perforation, gastric outlet obstruction, and gastric cancer.

**ALARM SYMPTOMS**

- Abnormal vital signs
- Age > 45 yo with new-onset dyspepsia
- Family history of upper gastrointestinal cancer
- Unintended weight loss
- Gastrointestinal bleeding
- Progressive dysphagia
- Odynophagia
- Unexplained iron deficiency anemia
- Persistent vomiting
- Palpable mass or lymphadenopathy
- Jaundice

**First Line Eradication Therapy**  
(Always write with omeprazole 20mg BD while on antibiotics.)

amoxicillin 1gm BD  
+  
clarithromycin 500mg BD  
( x 14 days)  
+  
PPI

**PCN allergic**  
clarithromycin 500mg BD  
+  
metronidazole 500mg BD  
(x 14 days)  
+  
PPI

