



STRESS ULCER PROPHYLAXIS PROTOCOL

Goal

To prevent overt or clinically important bleeding from stress ulceration.

Procedure

1. Stratify patients according to low risk and high risk according to table below.
2. Because of the low incidence of clinically important bleeding from stress ulceration, low risk patients may not need stress ulcer prophylaxis.
3. Determine if patient is able to take p.o. or NG medications.

Patients at High Risk for Stress Ulceration

- Head injury or intracranial bleed with GCS of less than 12.
- Thermal injury involving at least 30% of the BSA.
- Emergent or major surgery
- Severe or multisystem trauma
- Shock or multiorgan failure
- Coagulopathies: Coumadin therapy, Heparin / low molecular weight Heparin therapy, Thrombolytic therapy, or Thrombocytopenia.
- Mechanical ventilation.
- Patients with an admitting diagnosis of respiratory failure.
- Patients with an admitting diagnosis of COPD.
- Ongoing therapy with ulcerogenic drugs such as Non Steroid Anti-inflammatory Drugs (NSAIDS), ASA, Corticosteroids
- History of ulcer related bleeding.

Dosing Guide

1. For patients unable to take oral formulations, IV Pepcid 20 mg. q 12 hours is recommended. Patients with creatinine clearance less than 50 ml / min. should receive 50% of dose or 20 mg. q 24 hours.
2. For patients able to swallow oral medications, p.o. Prevacid 30 mg. daily is recommended.
3. Carafate tablet, 1 gm p.o. every 6 hours or Carafate Suspension 1 gm per NG tube every 6 hours. This may be an alternative when H₂ blockers or Protein Pump Inhibitors are contraindicated. **(Tablet may be broken or dissolved in water and should be given 1 hour before or 2 hours after meals and other medications.)**

References

1. Cook DJ, et. al. "Risk Factors for Gastrointestinal Bleeding in Critically Ill Patients" *N Engl J Med* 1994;330:377-81.
2. Cook D, et. al. "A Comparison of Sucralfate and Ranitidine for the Prevention of Upper Gastrointestinal Bleeding in Patients Requiring Mechanical Ventilation" *N Engl J Med* 1998;338:791-7.