

Randall Children's Northwest Gastroenterology Referral Workup

Abdominal Pain/Nausea and vomiting

Consider screening labs:

- CBC, sed rate (ESR), CRP, CMP, lipase (for nausea/dyspepsia), tTG IGA, total IgA, TSH, fecal Hpylori Ag(if dyspepsia present), and fecal calprotectin
- Consider abdominal imaging with ultrasound, upper gastrointestinal series, or other if concerning symptoms for gallbladder pathology, abnormal GI anatomy or concern for extraintestinal source of symptoms.
- Ask about marijuana use, as this can be a frequent cause of chronic nausea and vomiting in the adolescent population.

Pain associated with chronic vomiting, chronic diarrhea, bleeding, weight loss or significant lab abnormalities is considered an urgent referral. Please include these details in the referral or contact one of our GI providers

Chronic Diarrhea (>3 weeks)

- Consider screening labs to include: CBC with differential, CMP, ESR, CRP, total IgA, tTG IgA, stool culture, O&P, and fecal calprotectin.

Non-alcoholic Fatty Liver disease

NAFLD is a condition in which there is presence of fatty infiltration of the liver, mostly detected by imaging studies (ultrasound, CT or MRI) or liver biopsies with or without elevation in transaminases in the absence of alcohol consumption.

Although most common in overweight or obese individuals, it can also be seen in non-obese people, and individuals with Wilson's disease, autoimmune hepatitis, alpha-1 antitrypsin deficiency, chronic hepatitis C, hyperlipidemia, and diabetes. Therefore, it is important to screen for these conditions before diagnosing NAFLD.

What can help?

- Avoiding sugary drinks like juice and soda, limiting screen time to less than one hour per day, engaging in physical activity for an hour per day, and eating a healthy diet.

If transaminases are elevated for > 6 months consider checking the following labs:

- Liver function panel, GGT
- Alpha-1 antitrypsin phenotype
- Smooth muscle antibody, ANA, liver-kidney-microsomal antibody(LKM)
- Chronic hepatitis panel(Hep B and C)
- Fasting lipid profile and glucose

- Hemoglobin A1c
- TSH with free T4 as indicated
- tTG IgA and total serum IgA

Consider referral to Randall Children's Northwest Gastroenterology if:

- Transaminases are rising and are >80-100 AST or ALT.
- Hypoalbuminemia.
- Jaundice.
- Hepatosplenomegaly.
- If you do not feel comfortable managing.