



Rectal Bleeding

Pre-Referral Considerations:

1. Minimal bright red bleeding, intermittent
 - A. Rectal/digital exam/proctoscopy- obvious source of bleeding (hemorrhoids, other?)
 - B. Presence of pain - anal fissure?
 - C. Stool frequency/presence of mucus - proctitis?
 - D. Systemic symptoms- suggest inflammatory condition
 - E. If known hemorrhoids or rectal fissure consider referral to general surgeon rather than GI

Red Flags:

- A. Melena- suggests upper GI bleeding
- B. Constitutional sx
- C. Anemia
- D. Change in stools
- E. Hemoccult positive (in absence of obvious blood)
- F. Family hx of polyposis or colon cancer syndromes

Labs:

1. Consider CBC
2. Hemoccult

Imaging: None needed

1. Prior colonoscopy reports if available

Comments:

1. Age 50 or older
 - a. should have colonoscopy anyway if have not had a technically adequate colonoscopy done(documented) within last 2-3 years
2. Age 40-50
 - a. should have colonoscopy unless bleeding source identified on sigmoidoscopy or proctoscopy
3. Age <40
 - a. Low risk of malignancy. Colonoscopy unless presentation and history suggest hemorrhoid or fissure.
 - b. Persistent Bleeding
 - c. Consider colonoscopy if bleeding persists even if rectal lesion identified
 - d. If older than 50 and bleeding persists then every 3-5 years reassess for any other clinical changes



(In general: low threshold for referral even if hemorrhoids are found as it is difficult to say for certain these are the cause of bleeding)

Include:

1. Past history/ active problem list:
 - a. History: duration, frequency, severity, prior proctitis, radiation, malignancy, Family history of cancer/polyposis
 - b. Prior workups/last colonoscopy if not done here
 - list of providers (health care team)
 - Rectal digital exam
2. Question to be answered
3. Consultation (Evaluate and Advise) vs Co-Management (PCP and Specialist to share care)

If questions about referral, urgency please call 231-728-1700 or direct physician contact information through affiniahealth.com or DocHalo

References:

<http://www.uptodate.com/contents/approach-to-acute-lower-gastrointestinal-bleeding-in-adults>

<http://www.cancer.org/cancer/colonandrectumcancer/moreinformation/colonandrectumcancerearlydetection/colorectal-cancer-early-detection-acs-recommendations>