








INDICATION

Rome IV criteria for the diagnosis of irritable bowel syndrome

ADDITIONAL INFORMATION

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on the surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

INTERPRETATION

POSITIVE for IBS:

Abdominal pain is present at least once per week over the past 3 months (on average) and associated with ≥2 of the following:

- Related to defecation (either increasing or improving pain)
- Associated with a change in stool frequency
- Associated with a change in stool form (appearance)

Subtype IBS is classified by stool consistency

SUBTYPE	STOOL CONSISTENCY
C	>25% of bowel movements with Bristol Stool Scale Types 1–2 and <25% with Types 6–7
D	>25% of bowel movements with Bristol Stool Scale Types 6–7 and <25% with Types 1–2
M	>25%of bowel movements with Bristol Stool Scale Types 1–2 and >25% with Types 6–7
U	Meets diagnostic criteria for IBS but bowel habits not accurately categorised in any of the above subtypes

Patients with **Red flag symptoms** should be investigated for an alternative diagnosis, even if they also have IBS. Examples include:

- Signs or symptoms of GI bleeding
- Unexplained iron deficiency anemia
- Unintentional weight loss
- Sudden or acute onset of new change in bowel habit
- Palpable abdominal mass or lymphadenopathy
- No age-appropriate colon cancer screening:
 - Family history of colon cancer
 - Onset of symptoms age ≥50 years