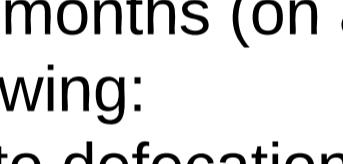
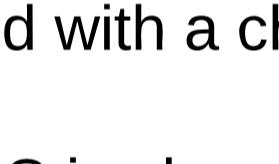


INDICATION

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