

# SOAP Note

*Date: July 25, 2024*

### Input:

[doctor] brittany edwards, 07, 1898. she is a return visit for ibs with functional abdominal pain, nausea, vomiting. ms. edwards is a pleasant, 32-year-old female who was last seen in august of 2019 with flares of abdominal pain, who was diagnosed with irritable bowl that was treated with bentyl.

[doctor] she had a previous prescription for reglan that she received from the emergency room that she used as needed for nausea. she was instructed to start a low dose fiber supplement, such as citrucel, daily, probiotics to help with gas and bloating, bentyl up to four times daily for intestinal cramping, and stop reglan and use zofran as needed. neuromodulators such as elavil and buspar were discussed but not started.

[doctor] hello, how are you?

[patient] i'm okay.

[doctor] good. how have you been feeling?

[patient] not so good.

[doctor] yeah, so my nurse told me you have been going out to eat some on friday nights and saturday nights and that you have had some spicy foods or spicy shrimp.

[patient] yeah, i have.

[doctor] okay. well, your gut probably does not always appreciate that.

[patient] no, it doesn't like it at all.

[doctor] yeah, so ibs is one of those things where you are very sensitive to certain things such as spicy foods or fatty foods and alcohol. and this can cause lower belly stuff like cramps, or you can get upper belly stuff such as nausea.

[patient] i've been getting both.

[doctor] okay. um, so how frequently have you been getting or having a bowel movement on normal days?

[patient] i'm starting to notice it's between two and three times a day.

[doctor] okay. and are they soft stools or formed stools?

[patient] um, they're formed.

[doctor] okay. and after you have gone out either drinking with your friends, do you tend to have more diarrhea?

[patient] yeah, i do.

[doctor] okay. do you feel it's the food or the alcohol or both?

[patient] uh, well usually we go to friday's restaurant. i always eat pasta, the chicken alfredo.

[doctor] okay. i can s- i can bet it's the alfredo sauce.

[patient] but it normally doesn't bother me.

### Response:

## CHIEF COMPLAINT

Abdominal pain, nausea, vomiting.

## HISTORY OF PRESENT ILLNESS

Brittany Edwards is a pleasant, 32-year-old female who was last seen in August 2019 with flares of abdominal pain, who was diagnosed with irritable bowel that was treated with Bentyl. She had a previous prescription for Reglan that she received from the emergency room that she used as needed for nausea. She was instructed to start a low dose fiber supplement, such as Citrucel, daily, probiotics to help with gas and bloating, Bentyl up to four times daily for intestinal cramping, and

stop Reglan and use Zofran as needed. Neuromodulators such as Elavil and Buspar were discussed but not started.

The patient states she has been going out to eat some on Friday nights and Saturday nights and that she has had some spicy foods or spicy shrimp. She states she has been getting both abdominal pain and nausea. She states she has been having a bowel movement between two and three times a day and they are formed. She states after she has gone out either drinking with her friends, she tends to have more diarrhea. She feels it is the food or the alcohol or both.

## SOCIAL HISTORY

The patient denies smoking or alcohol use.

## PHYSICAL EXAMINATION

### CONSTITUTIONAL

- No fever.

### GASTROINTESTINAL

- Abdomen: Soft and nontender to palpation.
- Bowel sounds: Normal in all four quadrants.
- Rectal exam: Normal sphincter tone. No masses or blood.

## RESULTS

The patient has no significant labs at this time.

## ASSESSMENT

1. Irritable bowel syndrome with constipation.
2. Nausea.

## PLAN

The patient was counseled regarding her irritable bowel syndrome. We reviewed her current medications and she states she has been taking her Bentyl as needed. We discussed the use of Zofran for her nausea. We discussed the use of a low dose fiber supplement, such as Citrucel, daily, probiotics to help with gas and bloating. We discussed the use of neuromodulators such as Elavil and Buspar.

The patient understands the risks and benefits of these medications and she is willing to try these medications. She will continue her Bentyl as needed and will start Zofran as needed. She will start a low dose fiber supplement, such as Citrucel, daily, and probiotics to help with gas and bloating. We will continue to monitor her symptoms and she will follow up with me in two weeks.