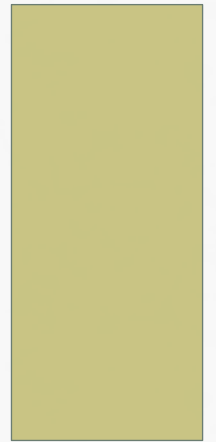


# IRRITABLE BOWEL SYNDROME



# LEARNING OUTCOMES

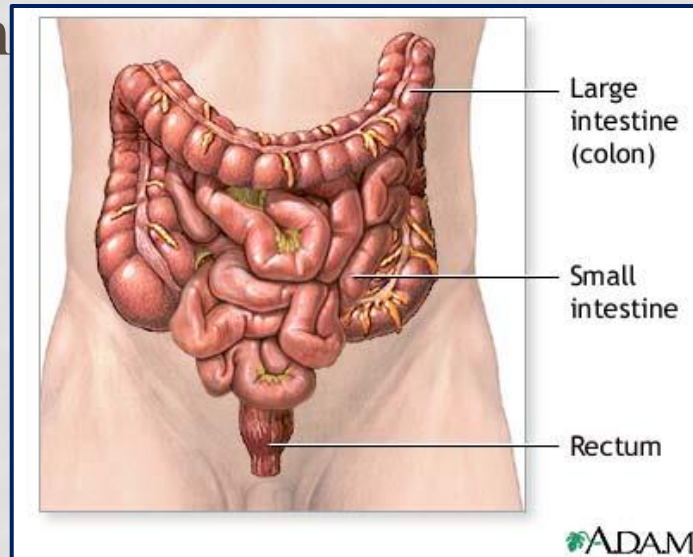
- LO1: definition of irritable bowel syndrome
- LO2: Causes of Irritable bowel syndrome
- LO3: How patient with irritable bowel present
- LO4: Diagnosis of irritable bowel syndrome
- LO5: Treatment

# **IBS: DEFINITION (LO1)**

- **IBS – Irritable Bowel Syndrome.**
- **“A chronic functional disorder of the colon that is characterized by constipation or diarrhea, cramping or abdominal pain, and the passage of mucus in the stool.”**

# WHAT CAUSES IT? (LO2)

- Walls of intestines are lined with layers of a muscle that contract and relax in a coordinated rhythm as it moves food from your stomach to your rectum
- For IBS patients, the contractions last longer; food is forced through your intestines more quickly, causing gas, bloating, and diarrhea.



# MORE POSSIBILITIES (LO2)

- Foods.

Symptoms may worsen for some people by eating certain foods.



- Stress.

Stress can be an aggravator for IBS signs and symptoms, but it doesn't *cause it*. Changes in your daily routine can aggravate symptoms.

- Hormones.

Women with IBS may find that their symptoms worsen during hormonal changes (menstrual cycle). Researchers believe that these changes play a role in this condition.

# SYMPTOMS AND SIGNS (LO3)

- The most common signs and symptoms include **abdominal pain, cramping, bouts of gas, diarrhea, & mucus in the stool.**
- Sometimes, symptoms don't always respond to medical treatment.



# YOU COULD BE AT RISK!

- Unfortunately, you are more likely to have IBS if you...

**Are young..**

Signs first appear before the age of 35 for about half of those with the disorder.

**Are female..**

More women than men suffer with IBS.

**&/or..**

**Have a family history..**

If you have a first-degree relative (parent or sibling), it can have an affect if a person gets this condition.

# DIAGNOSIS (LO4)

- To have an accurate diagnosis of IBS, the patient must have two of the following symptoms:
  - **Change in frequency or consistency**
  - **Straining, urgency, or feeling like you can't completely empty your bowels**
  - **Bloating or abdominal distension**
  - **Mucus in stool**
- & the most important symptom:
  - **Abdominal pain & discomfort lasting at least 12 weeks, though the weeks don't have to occur consecutively.**



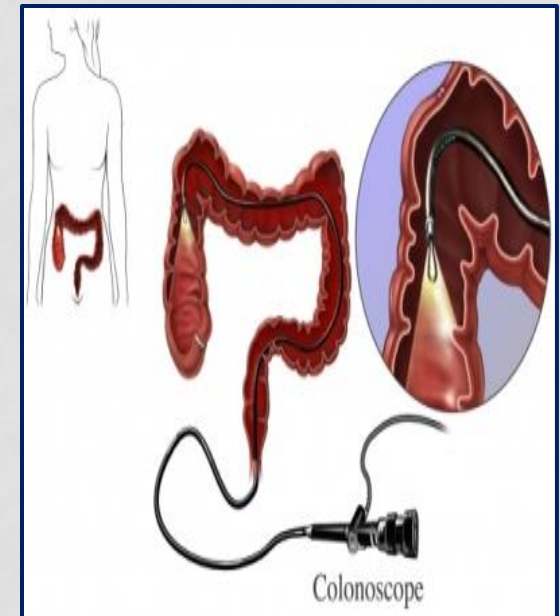
# TESTS & DIAGNOSIS (CONT.)

- If the patient has any “*red flag symptoms*” before the test, additional testing may be performed to see if anything more serious is happening.
- “Red flag symptoms” include:
  - **Weight loss**
  - **Rectal bleeding**
  - **Fever**
  - **Nausea or vomiting**
  - **Diarrhea that awakens one from sleep & is persistent.**



# TESTS & DIAGNOSIS (CONT.)

- If one accurately fits the IBS criteria, your doctor may suggest a course of treatment without performing tests or additional testing, if no red flag symptoms are present.
- Tests may include:
  - **Colonoscopy**
  - **CT scan of stomach (intestines & colon)**
  - **Blood test**
  - **Lactose intolerance testing**
  - **Flexible sigmoidoscopy**



# TREATMENT & DRUGS (LO5)

- To treat the diagnosis of IBS, your doctor may suggest:

- **Fiber supplements**
- **Anti-diarrheal medication**
- **Eliminating high-gas foods**
- **Anticholinergic medications**
- **Anti-depressants**
- **Antibiotics**
- **Counseling, if stress is a major factor in condition**



**This?**



**Or this?**

# MEDICATION FOR IBS

- There are a couple of medications that were made specifically for IBS, but as with all medications, they come with **risks**.
  - **Alosetron:** A nerve receptor that is designed to relax the colon and slow the passage of food through the lower bowel; it was removed from the shelves after its original approval when it was linked to serious complications. Has since been approved for resale by the FDA but with restrictions.
  - **Lubiprostone:** For adult men & women who have IBS with constipation; chloride channel activator that is taken twice daily. Increases fluid secretion in one's small intestine to help the passage of stool.

# LIFESTYLE CHANGES & HOME REMEDIES

- If possible, your doctor may suggest only a few changes to your lifestyle and some other remedies to alleviate symptoms of IBS:

- **Add fiber into your diet**
- **Avoid “problem food”**
- **Eat smaller meals**
- **Limit dairy products**
- **Drink fluids!**
- **Exercise regularly**
- **If necessary, use caution when utilizing anti-diarrheal medications & laxatives.**

