

Irritable bowel syndrome in adults overview

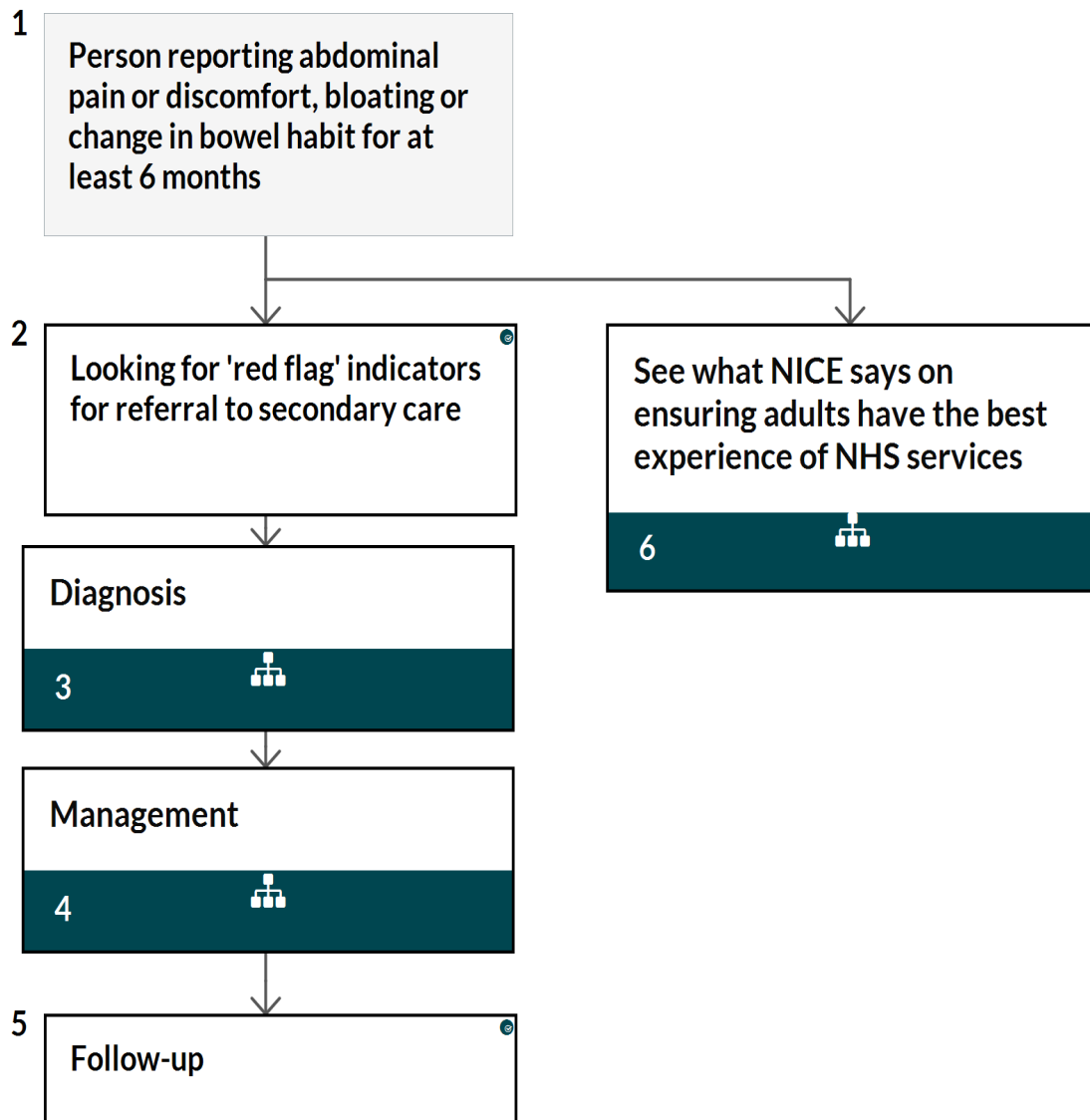
NICE Pathways bring together everything NICE says on a topic in an interactive flowchart. NICE Pathways are interactive and designed to be used online.

They are updated regularly as new NICE guidance is published. To view the latest version of this NICE Pathway see:

<http://pathways.nice.org.uk/pathways/irritable-bowel-syndrome-in-adults>

NICE Pathway last updated: 02 May 2019

This document contains a single flowchart and uses numbering to link the boxes to the associated recommendations.



1 Person reporting abdominal pain or discomfort, bloating or change in bowel habit for at least 6 months

No additional information

2 Looking for 'red flag' indicators for referral to secondary care

All people presenting with possible IBS symptoms should be assessed and clinically examined for the following 'red flag' indicators and should be referred to secondary care for further investigation if any are present:

- signs and symptoms of cancer (see what NICE says on [suspected cancer recognition and referral](#))
- inflammatory markers for IBD.

For further information, see what NICE says on [colorectal cancer](#).

Quality standards

The following quality statements are relevant to this part of the interactive flowchart.

Inflammatory bowel disease

1. Specialist assessment

Irritable bowel syndrome in adults

2. Giving a diagnosis

3 Diagnosis

[See Irritable bowel syndrome in adults / Diagnosing irritable bowel syndrome](#)

4 Management

[See Irritable bowel syndrome in adults / Managing irritable bowel syndrome](#)

5 Follow-up

Agree follow-up with the person based on symptom responses to interventions. This should form part of the annual patient review.

Investigate or refer to secondary care if 'red flag' symptoms appear during management and follow-up.

For more information about 'red flag' symptoms, see [looking for 'red flag' indicators for referral to secondary care](#) [See page 3].

Quality standards

The following quality statement is relevant to this part of the interactive flowchart.

Irritable bowel syndrome in adults

4. Reviewing treatment and management

6 See what NICE says on ensuring adults have the best experience of NHS services

[See Patient experience in adult NHS services](#)

Glossary

CBT

cognitive behavioural therapy

CRP

C-reactive protein

EMA

endomysial antibodies

ESR

erythrocyte sedimentation rate

FBC

full blood count

FODMAP

fermentable oligosaccharides, disaccharides, monosaccharides and polyols

IBD

inflammatory bowel disease

IBS

irritable bowel syndrome

IBS-D

diarrhoea-predominant irritable bowel syndrome

SSRIs

selective serotonin reuptake inhibitors

TCAs

tricyclic antidepressants

TTG

tissue transglutaminase

Sources

Irritable bowel syndrome in adults: diagnosis and management (2008 updated 2017) NICE guideline CG61

Your responsibility**Guidelines**

The recommendations in this guideline represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, professionals and practitioners are expected to take this guideline fully into account, alongside the individual needs, preferences and values of their patients or the people using their service. It is not mandatory to apply the recommendations, and the guideline does not override the responsibility to make decisions appropriate to the circumstances of the individual, in consultation with them and their families and carers or guardian.

Local commissioners and providers of healthcare have a responsibility to enable the guideline to be applied when individual professionals and people using services wish to use it. They should do so in the context of local and national priorities for funding and developing services, and in light of their duties to have due regard to the need to eliminate unlawful discrimination, to advance equality of opportunity and to reduce health inequalities. Nothing in this guideline should be interpreted in a way that would be inconsistent with complying with those duties.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.

Technology appraisals

The recommendations in this interactive flowchart represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, health professionals are expected to take these recommendations fully into account, alongside the individual needs, preferences and values of their patients. The application of the recommendations in this interactive flowchart is at the discretion of health professionals and their individual patients and do not override the responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or their carer or guardian.

Commissioners and/or providers have a responsibility to provide the funding required to enable the recommendations to be applied when individual health professionals and their patients wish to use it, in accordance with the NHS Constitution. They should do so in light of their duties to have due regard to the need to eliminate unlawful discrimination, to advance equality of opportunity and to reduce health inequalities.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.

Medical technologies guidance, diagnostics guidance and interventional procedures guidance

The recommendations in this interactive flowchart represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, healthcare professionals are expected to take these recommendations fully into account. However, the interactive flowchart does not override the individual responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or guardian or carer.

Commissioners and/or providers have a responsibility to implement the recommendations, in their local context, in light of their duties to have due regard to the need to eliminate unlawful discrimination, advance equality of opportunity, and foster good relations. Nothing in this interactive flowchart should be interpreted in a way that would be inconsistent with compliance with those duties.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.