

Constipation & Constipation Predominant IBS (IBS-C)

(Abdominal Pain / Bloating / Constipation)

Patient Details

The majority of patients meeting the diagnostic criteria below, without 'red flag indicators' and with normal blood tests do not require referral to secondary care.

Typical functional symptoms

- Symptoms present for at least 3-6 months
- Abdominal pain or discomfort relieved by defecation OR
- Associated with altered bowel frequency or form
- <3 bowel movements per week + one or more of the following:
- Altered stool passage (straining, urgency, incomplete evacuation)
- Self medications / Prescribed on either a Laxative or Antispasmodic
- Abdominal bloating (distension, tension or hardness)
- Symptoms made worse by eating
- Passage of mucus
- Lethargy



Primary Care Management

- 1st Increase fluid intake to > 2L a day + a low residue (high soluble fibre) diet
- 2nd Osmotic Laxative (eg. Movicol)
- 3rd Antispasmodic (eg. Mebeverine, Colperamin, Alverine citrate, Buscopan)



Good Response



Continue with treatment and review in 6 months



Poor Response



Alternatives to consider :-
 1) Linaclotide 290mcg od (to soft stool + for pain) or
 2) Prucalopride 2mg od (NICE Approved for pain, bloating and to increase the defaecation frequency)
 Review in 1 Month to check for initial response (Full benefit may not be reached for up to 3m)

Good Response

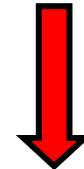


Poor Response



Red Flags Symptoms:

- Unintentional & unexplained weight loss
- Rectal bleeding
- Anaemia
- Abdominal or rectal masses
- Change in bowel habit – looser / frequent stools
- >60y, persisting for >6w with loose more frequent stools
- Unexplained raised ESR or CRP
- FH of bowel / ovarian cancer (consider pelvic US+Ca125)
- +ve Faecal Calprotectin (>100)



Secondary Care Referral

Patients with RED flag indicators MUST be referred to secondary care for assessment +/- endoscopic review

Tests expected prior to referral
 Please list results below

- FBC
- Ferritin
- Coeliac screen
- TFTs
- Faecal calprotectin
- +/- AXR