



## Summary of NICE Guidelines

Title	Irritable bowel syndrome (IBS) in adults
NICE Reference	Quality Standard 114 (QS114)
Date of Review:	October 2017
Date of Publication	February 2016
Summary of Guidance (Max 250 words)	<p>Irritable bowel syndrome (IBS) is a chronic disorder that is characterised by abdominal pain or bloating that is relieved by defaecation, and may be associated with changes in bowel habit. It is often characterised as IBS with constipation, IBS with diarrhoea, or a mixed symptom IBS. These symptoms may also be associated with other GI disorders such as dyspepsia or coeliac disease.</p> <p>The cause of IBS is not well defined, though the following may be considered possible causes:</p> <ul style="list-style-type: none"><li>• Gut hypersensitivity</li><li>• Gut microbial imbalance</li><li>• Low grade inflammation</li><li>• Disturbed colonic mobility</li><li>• Infection leading to bowel dysfunction</li><li>• Defective antinociceptive system</li></ul> <p>Although the cause of IBS has not been defined, stress is known to aggravate the disorder.</p> <p>This quality standard aims to improve the management of IBS, ensuring that adults with IBS are diagnosed and that they are supported. This should lead to better quality of life and reduce inappropriate testing in this area.</p> <p>This guideline consists of four quality statements:</p> <ol style="list-style-type: none"><li>1. <b>Excluding inflammatory causes.</b> Other tests that should be performed to exclude other inflammatory bowel diseases (IBD) with similar symptoms such as Crohns Disease or Coeliac Disease. Such tests include FBC, ESR, CRP and TTG or endomysial antibodies.</li><li>2. <b>Giving a diagnosis.</b> With exclusion of other causes a diagnosis of IBS can be made, which may help reduce levels of anxiety.</li><li>3. <b>Dietary management.</b> If symptoms persist after general lifestyle/dietary advice is unsuccessful, refer for specialist dietary management advice from a healthcare professional.</li><li>4. <b>Reviewing treatment and management.</b> This provides support for patients, improving on quality of life.</li></ol>
Impact on Lab (See below)	■ Moderate
Lab professionals to be made aware	<ul style="list-style-type: none"><li>✓ Laboratory Manager</li><li>✓ Chemical Pathologist</li><li>✓ Clinical Scientist</li><li>✓ Biomedical Scientist</li></ul>

Please detail the impact of this guideline (Max 150 words)	The first quality standard indicates inflammatory marker testing to exclude other inflammatory causes of the symptoms of IBS, so this guideline may result in an increase in inflammatory marker testing. It may also be useful in demand management with respect to inappropriate faecal calprotectin requests.
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**Impact on Lab**

- **None:** This NICE guideline has no impact on the provision of laboratory services
- **Moderate:** This NICE guideline has information that is of relevance to our pathology service and may require review of our current service provision.
- **Important:** This NICE guideline is of direct relevance to our pathology service and will have a direct impact on one or more of the services that we currently offer.

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