

Have YOU GOT THE GUTS?

IBS & IBD – WHERE IS THE LINE DRAWN?

- Irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD) present with similar symptoms and this is what makes the distinction challenging.¹
- People with IBS appear to have sensitive bowels that are easily 'upset'. IBS is a syndrome, or a group of symptoms which are known to appear together, though no one knows the exact underlying cause. Blood tests are normal and nothing can be seen with endoscopy/colonoscopy or x-rays.^{2,3}
- People with IBD have a disease which causes inflammation of the bowel, and the underlying cause is a dysfunction of the immune system.²
- IBS does not generally cause intestinal bleeding, while IBD does.⁴
- Although the symptoms can be similar, the treatments are quite different, so correct diagnosis is important.¹

CHECK OUT YOUR SYMPTOMS

Answer these questions to help your doctor work out whether you may have IBS or IBD.^{1-3,5,6}

1 On average, how many soft or loose bowel movements did you have per day in the past week?

0 1-5 6-9 10+

2 Have you experienced abdominal bloating?

Yes No

3 How would you rate any abdominal pain you may have experienced over the past week?

0 (no pain) 2 (painful)
 1 (mild pain) 3 (severe pain)

4 Have you had any unexplained weight loss recently?

Yes No

5 Have you found any of the following in your faeces? (tick both if they apply)

Blood White mucus

6 How many 'accidents' or 'near accidents' have you had in the past month?

0 1-5 6-9 10+

7 Do you map out bathroom locations to avoid accidents?

Yes No

8 Do you skip meals to avoid going to the bathroom frequently?

Yes No

Now have you got the guts to take this to your GP for a conversation?
Having the answers is the first step in getting the right support.

References: 1. Crohn's and Colitis Australia. Differentiating between IBS and IBD. Available from: <https://www.crohnsandcolitis.com.au/site/wp-content/uploads/Differentiating-Between-IBS-and-IBD.pdf> [accessed April 2016]. 2. Digestive Health Foundation. Information about Inflammatory Bowel Disease (IBD) Crohn's Disease & Ulcerative Colitis. Available from: http://www.gesa.org.au/files/editor_upload/File/Consumer%20Brochures/2014/IBD%20-%20Crohns%20Colitis.pdf [accessed April 2016]. 3. Digestive Health Foundation. Information about Irritable Bowel Syndrome (IBS). Available from: http://www.gesa.org.au/files/editor_upload/File/Consumer%20Brochures/2014/IBS.pdf [accessed April 2016]. 4. Tresca AJ. The Differences Between IBD and IBS. IBD and IBS Have Similar Symptoms – How Can We Tell Them Apart? Available from: https://www.verywell.com/the-differences-between-ibd-and-ibs-1941668?globeTest_algoType=1 [accessed April 2016]. 5. AbbVie Inc. Crohn's Assessment. Available from: <https://www.humira.com/crohns/symptoms-of-crohns> [accessed April 2016]. 6. AbbVie Inc. Doctor Discussion Guide. Available from: https://www.humira.com/Content/pdf/HUMIRA_Gastro_Crohns_DDG.pdf [accessed April 2016]. AbbVie Pty Ltd. ABN 48 156 384 262. Mascot, 2020 NSW. Ph: 1800 043 460. VV-01903. SSW ABBV0271. April 2016



THE GUT
Foundation

abbvie