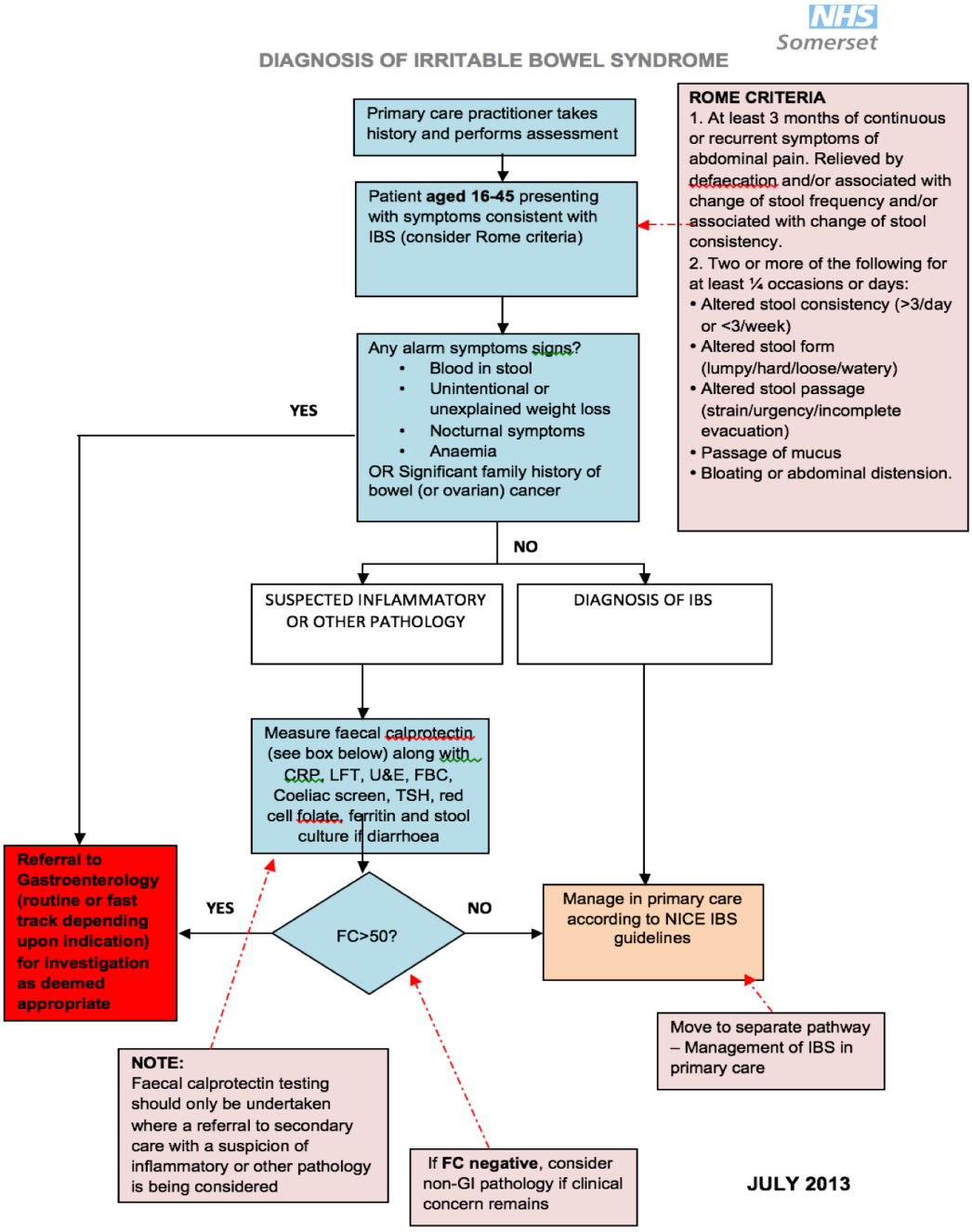
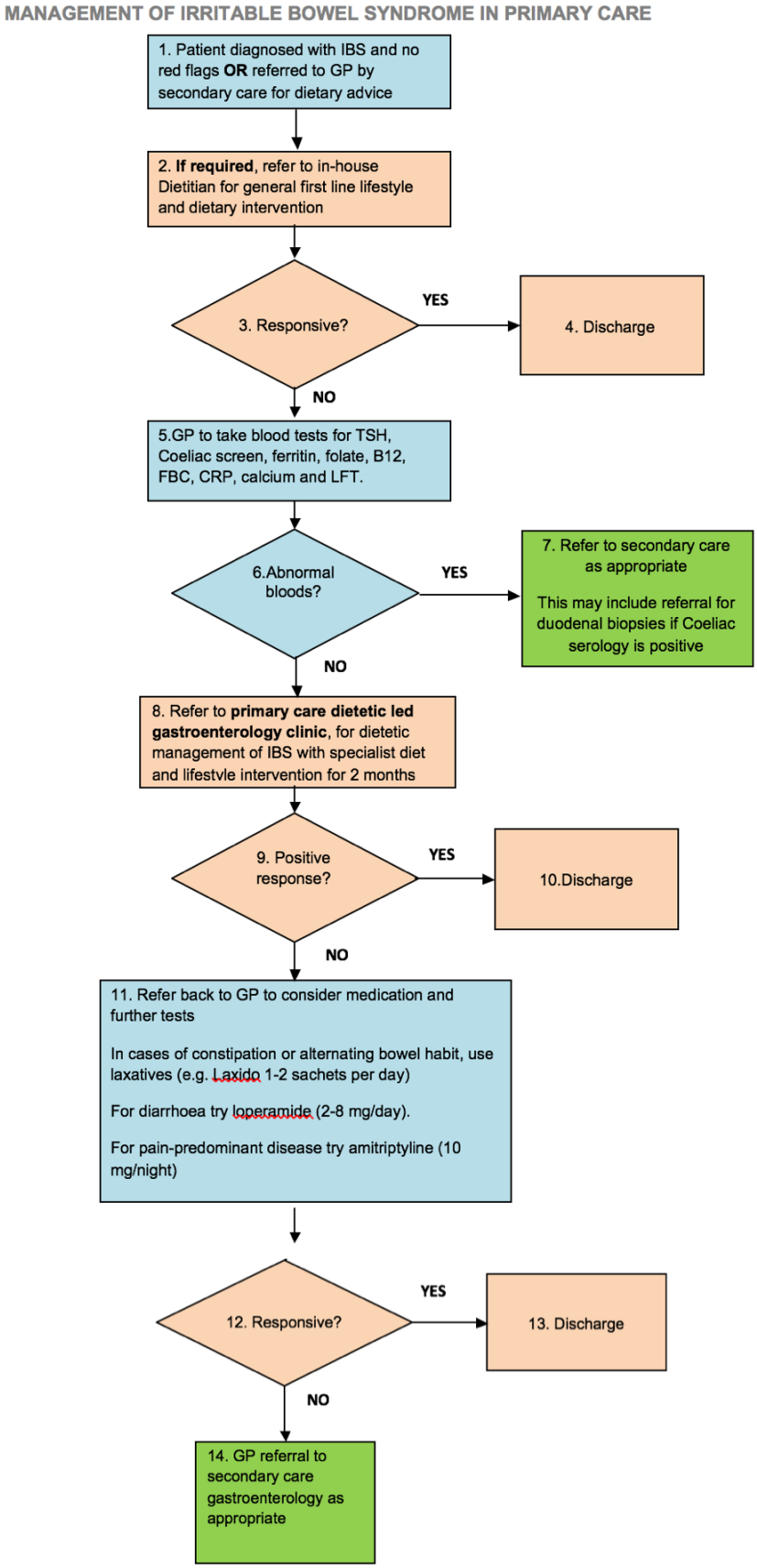
Appendices

Appendix I



Appendix II


MANAGEMENT OF IRRITABLE BOWEL SYNDROME IN PRIMARY CARE
NHS
Somerset
1. Patient diagnosed with IBS and no red flags **OR** referred to GP by secondary care for dietary advice
2. **If required**, refer to in-house Dietitian for general first line lifestyle and dietary intervention
3. Responsive?
YES
4. Discharge
NO
5.GP to take blood tests for TSH, Coeliac screen, ferritin, folate, B12, FBC, CRP, calcium and LFT.
6.Abnormal bloods?
YES
7. Refer to secondary care as appropriate
This may include referral for duodenal biopsies if Coeliac serology is positive
NO
8. Refer to **primary care dietetic led gastroenterology clinic**, for dietetic management of IBS with specialist diet and lifestyle intervention for 2 months
9. Positive response?
YES
10.Discharge
NO
11. Refer back to GP to consider medication and further tests
In cases of constipation or alternating bowel habit, use laxatives (e.g. Laxido 1-2 sachets per day)
For diarrhoea try loperamide (2-8 mg/day).
For pain-predominant disease try amitriptyline (10 mg/night)
12. Responsive?
YES
13. Discharge
NO
14. GP referral to secondary care gastroenterology as appropriate