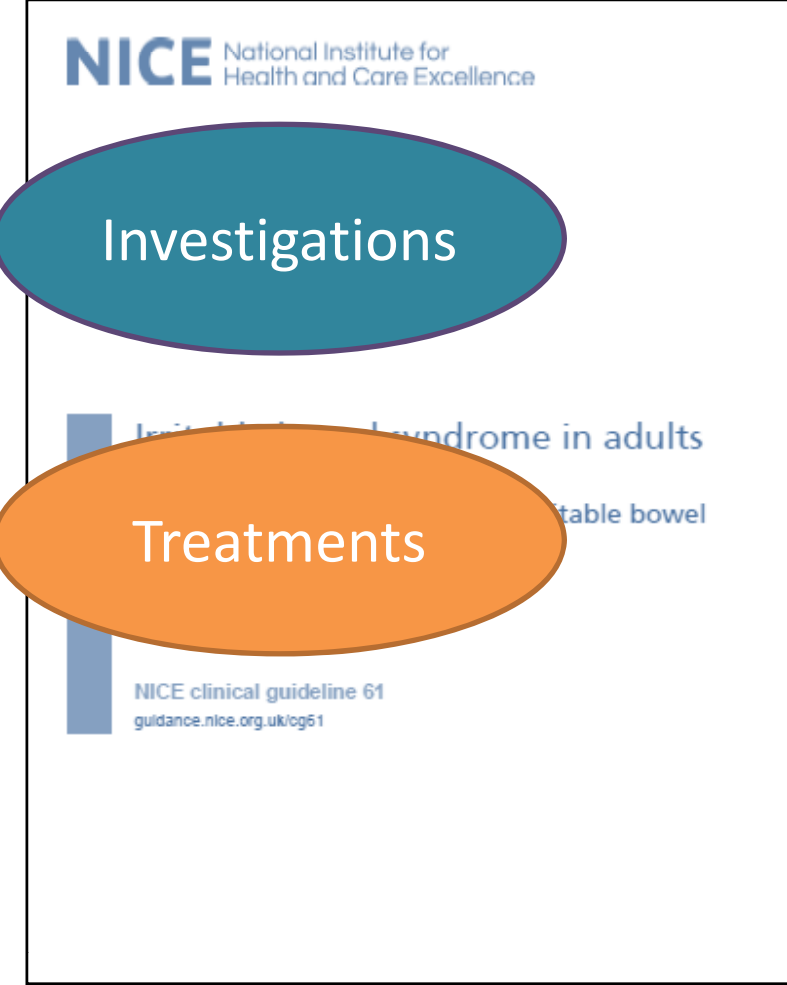


Symptoms

Referrals

IBS



Investigations

Treatments

Dr Matthew Lewis, City Hospital , SWBH

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Abdominal pain

Bloating

Change in bowels

Symptoms

Recurrent abdominal pain or discomfort at least 3 days per month in the last 3 months associated with 2 or more of the following:

1. improvement with defecation
2. onset associated with a change in frequency of stool
3. onset associated with a change in form of stool

IBS

Additional symptoms

Visible abdominal distension/bloating
Passage of mucus per rectum
Sense of incomplete evacuation

Red flags for cancer

Weight loss
Raised inflammatory markers
Rectal bleeding
Family history of bowel or ovarian cancer

Change in bowel habit lasting more than 6 weeks with looser and/or more frequent stools (>40 years)

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NICE guidance for testing with Faecal Calprotectin

	Current GP practice	CalDetect 15 mcg/g	ELISA 50 mcg/g
Sensitivity	100%	100%	93%
Specificity	79%	95%	94%

FBC, CRP, TTG

Faecal calprotectin

?Alarm symptoms

Investigations

IBS

Red flags for cancer

Weight loss

Raised inflammatory markers

Rectal bleeding

Family history of bowel or ovarian cancer

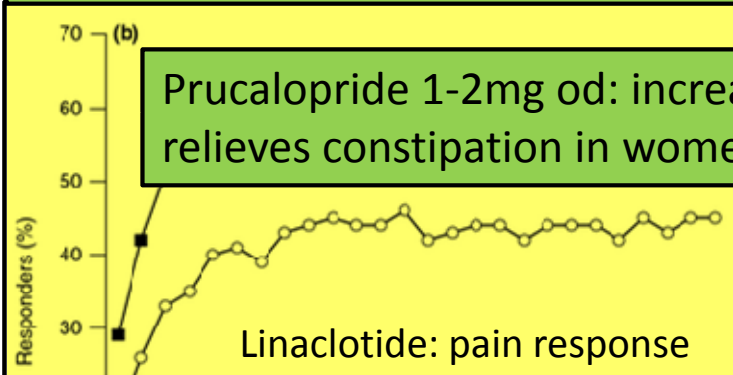
Change in bowel habit lasting more than 6 weeks with looser and/or more frequent stools (>40 years)

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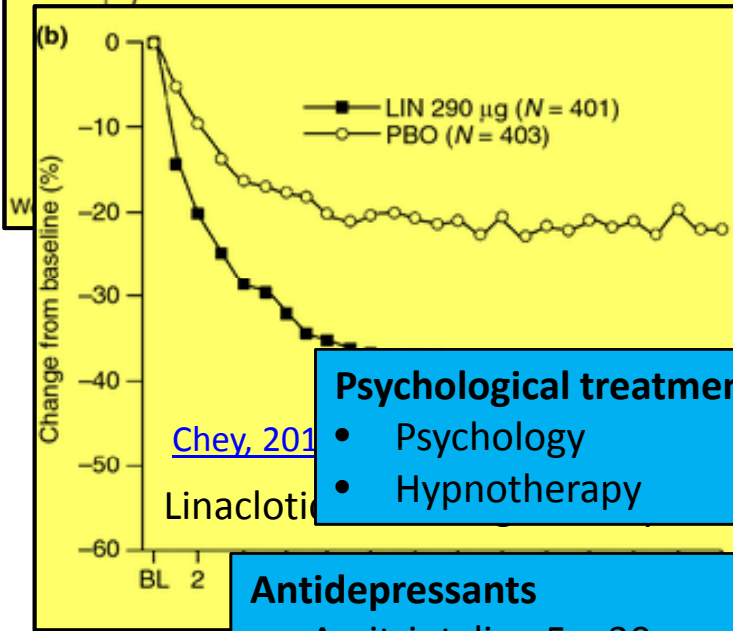
Linaclootide 290mcg od: increases secretions, reduces pain – improves pain and bloating in constipated men and women with IBS



Prucalopride 1-2mg od: increases gut motility – relieves constipation in women

- Poorly absorbed sugars, including lactulose
- Processed foods

- Consider
- Porridge, linseeds
 - Probiotics



Psychological treatments

- Psychology
- Hypnotherapy

Antidepressants

- Amitriptyline 5 – 30mg nocte

IBS

Treatments

Linaclootide
Prucalopride

Reassurance

Psychological Rx

Lifestyle

Tricyclics, SSRIs

Antispasmodics,
Laxatives, Loperamide



IBS

Referrals

Atypical symptoms

Diagnostic doubt

Unresponsive to Rx

Red flags for cancer

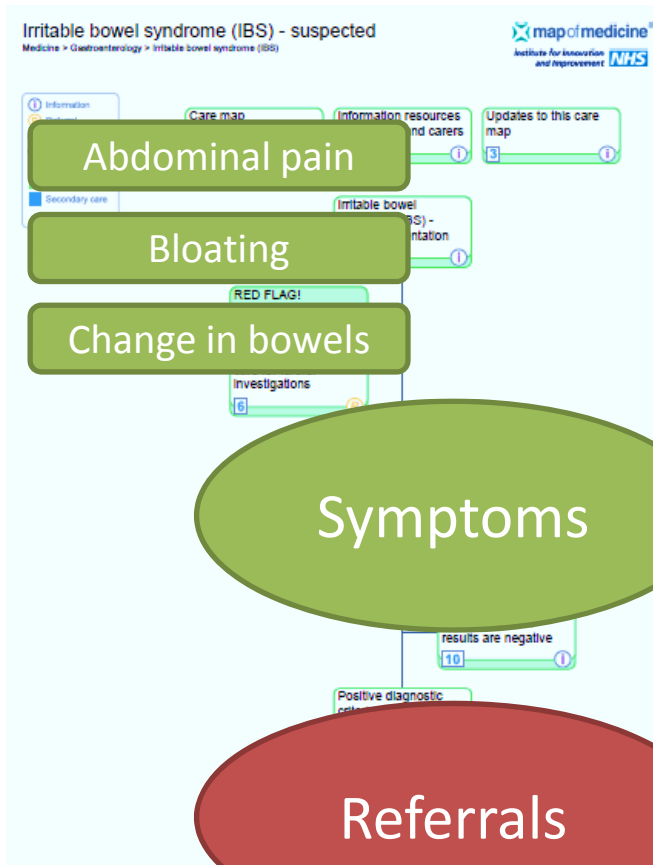
Weight loss

Raised inflammatory markers

Rectal bleeding

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Change in bowel habit lasting more than 6 weeks with looser and/or more frequent stools (>40 years)



- FBC, CRP, TTG
- Faecal calprotectin
- ?Alarm symptoms

NICE

IBS

Symptoms

Investigations

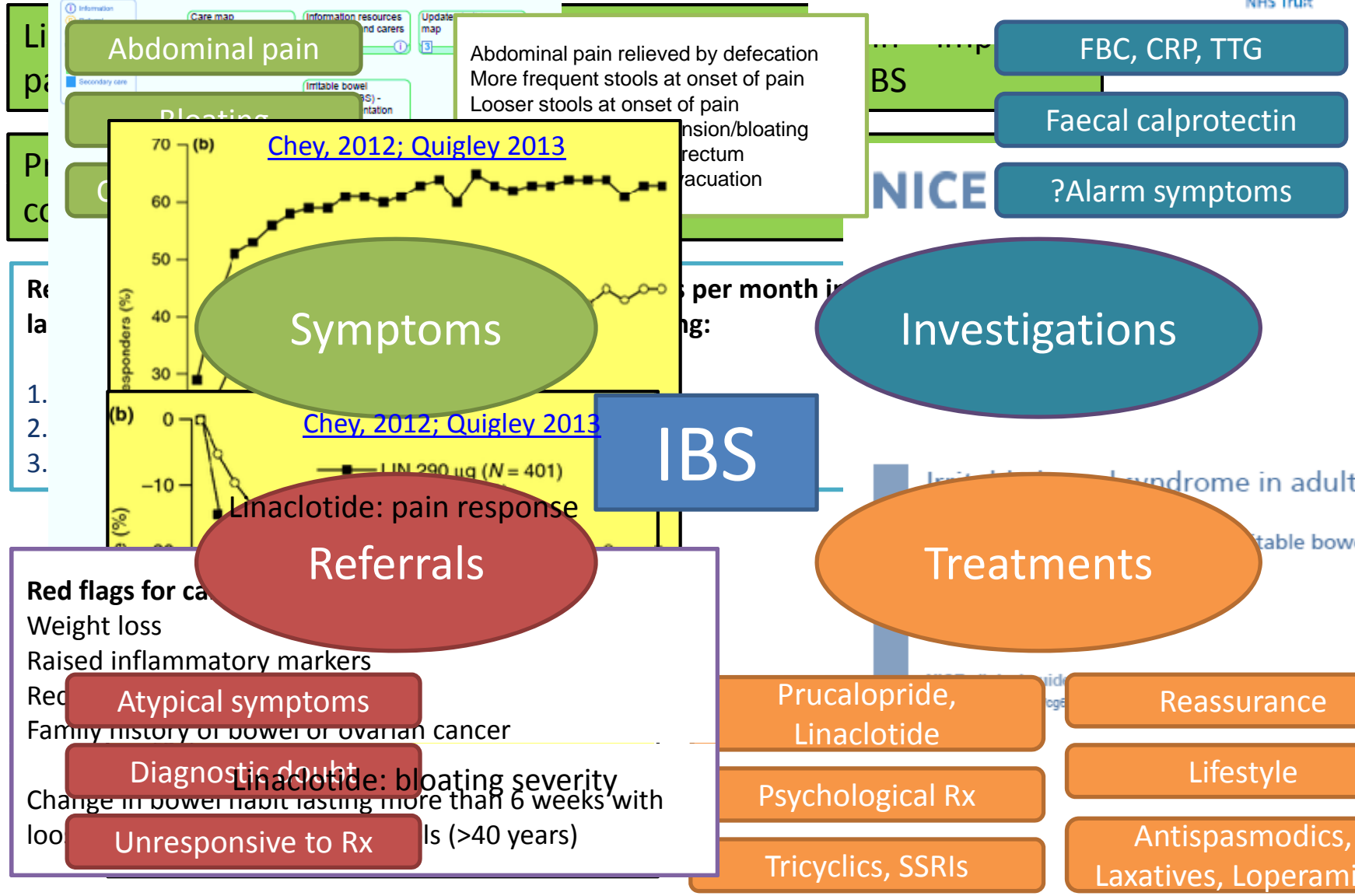
Referrals

Treatments

- Atypical symptoms
- Diagnostic doubt
- Unresponsive to Rx

- Prucalopride, Linaclotide
- Psychological Rx
- Tricyclics, SSRIs
- Reassurance
- Lifestyle
- Antispasmodics, Laxatives, Loperamide





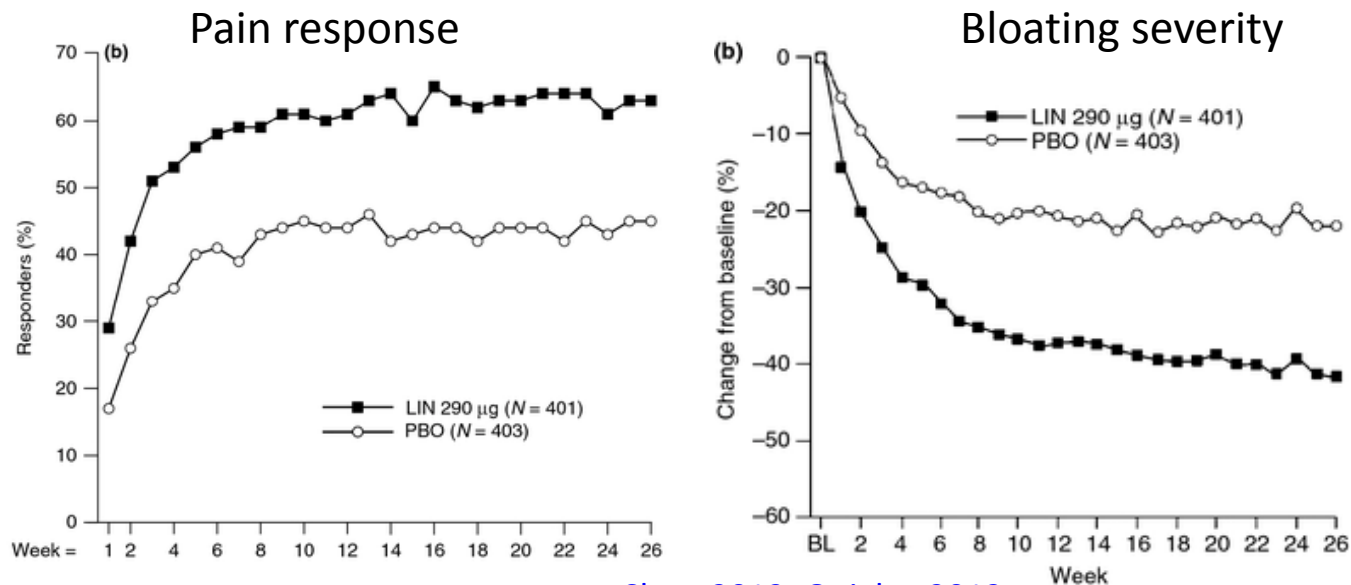
Linaclotide (Constella) is a first-in-class, oral, once-daily guanylate cyclase-C receptor agonist (GCCA), licensed for the symptomatic treatment of moderate-to-severe irritable bowel syndrome with constipation (IBS-C) in adults. It received a European marketing authorisation in November 2012 and is expected to be launched during the first half of 2013.

Increased Chloride and Bicarbonate secretion into the gastrointestinal lumen and, consequently, increased fluid secretion. Linaclotide has also been shown to reduce visceral hypersensitivity in animal models, which may be related to cGMP modulation of afferent nerve activity

Linaclotide has been evaluated in 2 double-blind, randomised, placebo-controlled trials of patients with IBS-C ([Rao et al. 2012](#) [Trial 1] and [Chey et al. 2012](#) [Trial 2]).

[Quigley et al. 2013](#)

'12-week abdominal pain/discomfort responders' (2: 54.1% compared with 38.5%;



[Chey, 2012; Quigley 2013](#)

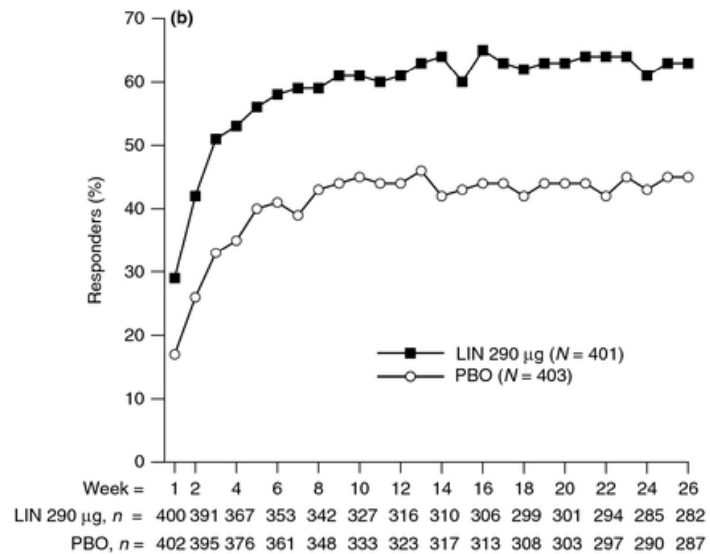
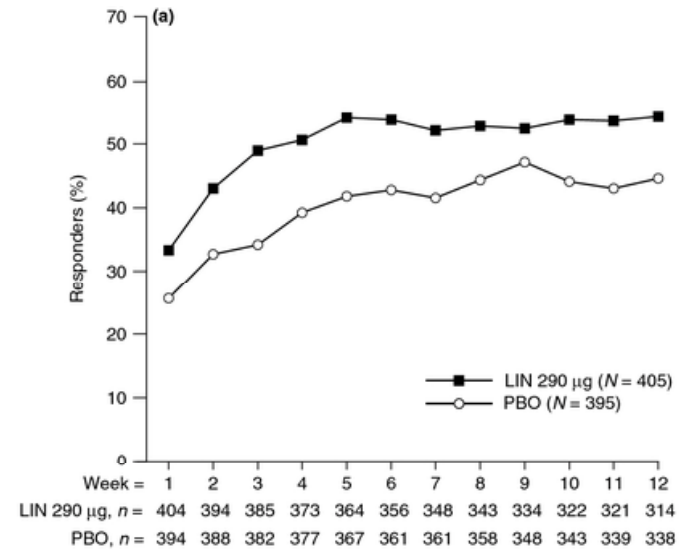
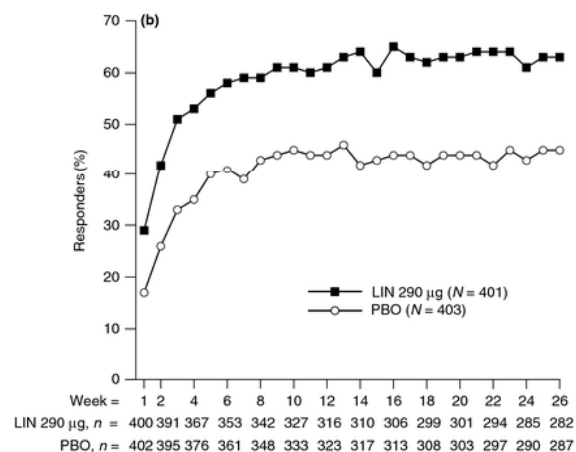
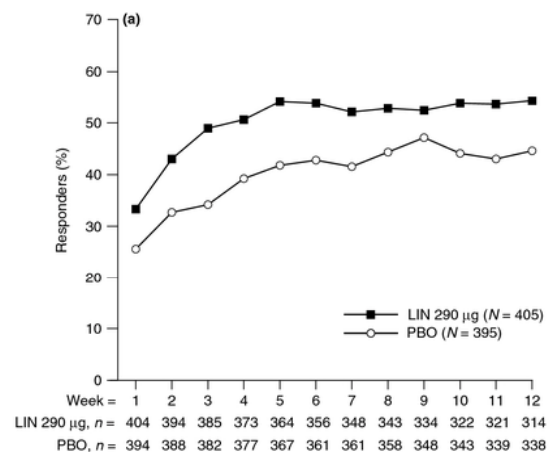


Figure 2. Abdominal pain/discomfort responders by week in (a) Trial 31 and (b) Trial 302 (ITT population; observed cases). N = ITT population; n = number of patients with available data. $P < 0.0001$ (LIN vs. PBO, CMH test) at each week of the Treatment Period.

Randomised clinical trials: linaclotide phase 3 studies in IBS-C – a prespecified further analysis based on European Medicines Agency-specified endpoints



Randomised clinical trials: linaclotide phase 3 studies in IBS-C – a prespecified further analysis based on European Medicines Agency-specified endpoints

