



GI- Abdominal Bloating/Discomfort/Nonspecific Symptoms

Pre-Referral Considerations:

1. Diagnoses to consider:
 - A. Malabsorption (carbohydrates-lactose, fructose, sorbitol, and others)
 - B. Celiac disease, giardia
 - C. Air-swallowing
 - D. Irritable bowel syndrome
 - E. Bacterial overgrowth syndrome
 - F. Malignancy(ovarian, colon, gastric)

2. Try this first:
 - A. Review diet: excessive carbohydrate, trial low FODMAP diet, trial lactose- free, avoid gum-chewing
 - B. If suspicious for Irritable Bowel: trial antispasmodic agents, tricyclic antidepressant, patient education and dietary adjustments, probiotics, fiber supplements, exercise

Red Flags:

1. Weight loss
2. New persistent diarrhea
3. Blood in stools
4. Scites
5. Steatorrhea
6. Fever
7. Severe or nocturnal pain
8. Severe tenderness
9. Anemia

Labs:

None required

- A. Consider: CBC, anti-TTG, Giardia Ag , CMP, lipase, u/a
- B. Consider: hydrogen breath test, lactulose breath test (if suspicion bacterial overgrowth syndrome)
- C. If diarrhea consider 24 hour stool collection and fecal fat (qualitative/quantitative)
- D. Stool occult blood, c difficile

Imaging:

1. Consider: abdominal ultrasound, abdominal and pelvic CT with contrast
2. Consider: if suspicion bowel obstruction plain abdominal X-rays

Avoid:

In absence of red flag symptoms do not do CT scans



Comments: Please Include:

1. Patient information that is pertinent to the referral. (Additional patient information that is not essential - should be submitted only if already part of the patient's record.)
 - a. Past history/ active problem list: i.e. IBD, Crohn's, radiation, diabetes, CHF, etc.
 - b. Surgeries
 - c. Specific symptoms and signs related to condition
 - d. Medications- current, and prior (pertinent to diagnosis), allergies
 - e. Prior evaluations /treatment (by other specialists, health care systems, etc)
 - f. Pertinent family history
 - g. List of providers (health care team)
 2. Question to be answered
 3. Consultation (Evaluate and Advise) vs Co-Management (PCP and Specialist to share care)
- ❖ If questions about referral, urgency please call 231-728-1700 or direct physician contact information through affiniahealth.com or DocHalo

References:

<https://www.guideline.gov/content.aspx?id=49049&search=abdominal+bloating>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3264926/>

http://www.uptodate.com/contents/intestinal-gas-and-bloating?source=preview&search=bloating+adult&language=en-US&anchor=PATIENT_INFORMATION&selectedTitle=1~150#PATIENT_INFORMATION