

Table 1

Symptoms of IBS

Abdominal pain

- Usually colicky
 - Can be at any location
 - May change location
 - Sometimes worse with eating
 - May be related to defaecation
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Bloating

- Usually gets worse during the day
 - Often improves overnight
 - Girth may increase by several centimetres
 - May lead to clothes needing to be loosened
 - Men may describe it as a tight or hard feeling, women usually describe it as 'bloating'
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Bowel dysfunction

- Loose stools
- Constipated or pelleted stools
- Alternating stool form
- Urgency
- Sensation of incomplete evacuation
- Incontinence (diarrhoea type)