

Abbreviations
IBS: Irritable bowel syndrome
PPI: Proton pump inhibitors
H2: Histamine
RUQ: Right upper quadrant
RLQ: Right lower quadrant
IBD: Inflammatory bowel disease

Exclusion Criteria:

- Less than 6 years of age
- Developmental delayed and non-verbal

Red flags:

- Weight loss/poor growth
- RUQ pain
- Bilious (green) vomiting
- RLQ pain
- Severe chronic diarrhea
- Perianal disease
- Blood in emesis or stools
- Fever or arthritis
- Family history of IBD or celiac disease
- Dysphagia

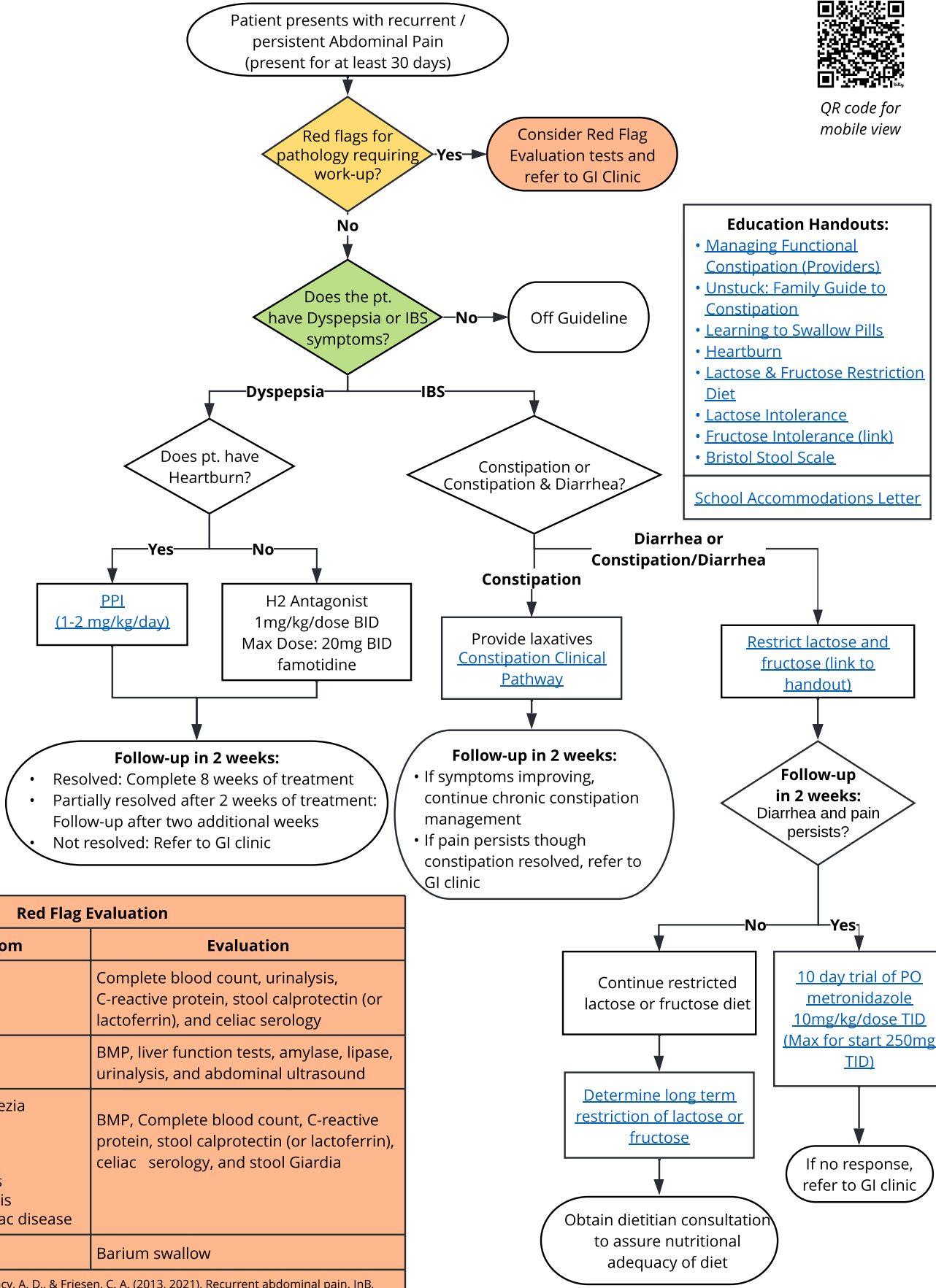
If no red flags, then consider criteria for dyspepsia or IBS (only requires one symptom to make the diagnosis):

Dyspepsia

- Epigastric pain or burning
- Early satiety
- Postprandial bloating

IBS

- Change in stool form
- Change in stool frequency
- Pain with a stool



Education Handouts:

- [Managing Functional Constipation \(Providers\)](#)
- [Unstuck: Family Guide to Constipation](#)
- [Learning to Swallow Pills](#)
- [Heartburn](#)
- [Lactose & Fructose Restriction Diet](#)
- [Lactose Intolerance](#)
- [Fructose Intolerance \(link\)](#)
- [Bristol Stool Scale](#)

[School Accommodations Letter](#)