**CHRONIC DIARRHEA**

**History**

**Physical Examination**

1. **FREQUENT SMALL VOLUME STOOLS**
   - Rome II Criteria for IBS
   - Red Flags:
     - Hematochezia
     - Weight Loss
     - Nocturnal Symptoms
     - Age >45
     - Positive Family History
   - Treat:
     - Reassurance
     - Patient Education
     - Empiric Therapy
   - Interval Follow-up
   - Improvement
   - Persistent or Progressive Symptoms

**Gross Appearance of Stool**

- **Bloody Diarrhea**
  - R/O Primary Hemorrhoid
  - R/O Primary Fissure
  - Blood Tests
  - Pathogen Screen
  - Colonoscopy With Biopsy

- **Watery Appearing Diarrhea**
  - Blood Tests
  - Stool Tests
  - Pathogen Screen
  - Lactose Breath Test
  - Stool Mg^{2+}/PO_{4}^{2-}
  - (for osmotic laxatives)
  - Responsive to fasting
  - High osmotic gap
  - OSMOTIC DIARRHEA

- **Fatty Appearing Diarrhea**
  - Blood Tests
  - Stool Tests
  - Pathogen Screen
  - Celiac Disease
  - Celiac Serologies (EMA or tTG)
  - Lactose Breath Test
  - Stool Mg^{2+}/PO_{4}^{2-}

- **INFLAMMATORY DIARRHEA**
  - R/O Primary Hemorrhoid
  - R/O Primary Fissure
  - Blood Tests
  - Pathogen Screen
  - Colonoscopy With Biopsy

- **WATERY DIARRHEA**
  - Responsive to fasting
  - High osmotic gap
  - Responsive to fasting
  - Low Osmotic Gap
  - SECRETORY DIARRHEA
  - Endoscopy
    - <45 yrs old and HIV-
    - Flexible Sigmoidoscopy
    - >45 yrs old or HIV+
    - Colonoscopy With Random Biopsies
  - Laxative Screen
  - Assess for Small Bowel Malabsorption
  - Giardia ELISA
  - Breath Test for SBBO
  - Other

- **ASSASSED FOR SMALL BOWEL MALABSORPTION**
  - Assess for Pancreatic Disease
  - CT Scan
  - ERCP
  - Pancreatic Function Test

**Blood Tests:**
- CBC, Chemistry, LFTs
- Albumin, Coagulation Profile, ESR/CRP, HIV (if risk), TSH (if watery diarrhea)

**Stool Tests:**
- Fecal Electrolytes
- Fecal Leukocytes
- Fecal Occult Blood Testing
- Fecal Fat

**Pathogen Screen:**
- **Bacteria**
  - Campylobacter, Yersina
  - Aeromonas, Pleisomonas
  - C. Difficle (if Hx of ABx within 3 mos)
- **Ova and Parasites**
  - Microscopy (normal risk: 1x; high risk: 2x)
  - ELISA (if high risk)