ACG clinical guideline: management of irritable bowel syndrome.

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American College of Gastroenterology (ACG)

Lacy BE, Pimentel M, Brenner DM, et al. ACG clinical guideline: management of irritable bowel syndrome. Am J Gastroenterol. 2021 Jan 1;116(1):17-44. [270 references] PubMed

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Overview

Guideline Objective

To provide recommendations for the management of irritable bowel syndrome (IBS)

Patient Population

Adults with suspected or confirmed IBS

Recommendations

Recommendation Statements

Major interventions covered in this guideline include:

- Diagnostic assessment, including testing modalities and positive diagnostic strategy

- Guidance on use of testing to rule out celiac disease, inflammatory bowel disease (IBD), and food allergies
- Guidance on treatment options, including use of fiber, peppermint, probiotics, polyethylene glycol (PEG) products, pharmacotherapies, a low fermentable oligosaccharides, disaccharides, monosaccharides, polyols (FODMAP) diet, and fecal transplant
- Considerations for gut-directed psychotherapy

Note: Full recommendation statements have not been provided because this guideline does not meet EGT's systematic review of the evidence criteria. Refer to the original guideline for more information.

Evidence Rating Scheme

Refer to the original guideline documentation for more information.

Recommendation Rating Scheme

Refer to the original guideline documentation for more information.

Related Content

Supporting Documents

- Supplementary Material.
- American College of Gastroenterology Practice Parameters Committee ACG Guideline Creation Process.

Implementation Tools

- Continuing Medical Education (CME).
- Podcast.
- ACG Mobile App.

Patient Education

- Irritable Bowel Syndrome. Also available in Spanish.
- Infographic: About Irritable Bowel Syndrome (IBS)

Note: This patient information is intended to help patients better understand their health and their diagnosed disorders. Patients and their representatives should still consult with a licensed health care professional for evaluation of treatment options as well as answers to their personal medical questions.

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