

## Chronic Diarrhea

Developed by	American Gastroenterological Association (AGA)
How developed	<p>A consensus panel was convened by the AGA. Literature was reviewed (see below) and recommendations were established.</p> <ul style="list-style-type: none"> <li>• Fine KD, Schiller LR. AGA technical review on the evaluation and management of chronic diarrhea. <i>Gastroenterology</i>. 1999;116(6):1464-1486.</li> <li>• Juckett G, Trivedi R. Evaluation of Chronic Diarrhea. <i>Am Fam Physician</i>. 2011 Nov 15;84(10):1119-1126.</li> <li>• Fine KD, Sleisenger MH, eds. <i>Sleisenger &amp; Fordtran's Gastrointestinal and Liver Disease: Pathophysiology, Diagnosis, and Management</i>. 6th ed. Philadelphia, Pa.: Saunders; 1998: 128-152.</li> <li>• Bonis P, LaMont JT. Approach to the adult with chronic diarrhea in developed countries <a href="http://www.Uptodate.com">www.Uptodate.com</a></li> </ul>
Additional essential patient information	<p><b>Description and Characteristics of Diarrhea</b></p> <ul style="list-style-type: none"> <li>• Duration of diarrhea in weeks/ months</li> <li>• Bloody {yes/no}</li> <li>• Watery {yes/no}</li> <li>• Large volume {yes/no}</li> <li>• Small volume {yes/no}</li> <li>• Associated with abdominal cramping {Yes/ No}</li> </ul> <p><b>Additional Medical History</b></p> <ul style="list-style-type: none"> <li>• List new medications or supplements</li> <li>• Patient is using artificial sweeteners {Yes/No}</li> <li>• Associated with ingestion of milk or soft cheese {Yes/No}</li> <li>• Has patient had recent travel? If so, where?</li> <li>• Has patient recently taken antibiotics? If so, name.</li> <li>• Has patient had previous surgery, such as cholecystectomy or gastric or intestinal surgery?</li> </ul> <p><b>Laboratory Tests</b></p> <ul style="list-style-type: none"> <li>• CBC</li> <li>• Complete metabolic profile</li> </ul> <p><b>Stool Studies</b></p> <ul style="list-style-type: none"> <li>• <i>C. difficile</i></li> <li>• Culture and sensitivity</li> </ul>

**Chronic Diarrhea (continued)**

<p>Additional patient information, if available</p>	<p><b>Laboratory Tests</b></p> <ul style="list-style-type: none"> <li>• Sedimentation rate</li> <li>• C-reactive protein</li> <li>• Thyroid panel – TSH, Free T4</li> <li>• Celiac Panel (TTG)</li> </ul> <p><b>Stool Studies</b></p> <ul style="list-style-type: none"> <li>• Ova and parasites</li> <li>• Giardia antigen</li> <li>• Fecal occult blood</li> <li>• Fecal fat-qualitative</li> <li>• Fecal leukocytes</li> <li>• Stool laxative screen</li> </ul> <p><b>Endoscopic Examination</b></p> <ul style="list-style-type: none"> <li>• EGD</li> <li>• Colonoscopy/Flexible sigmoidoscopy</li> </ul> <p><b>Radiologic Studies</b></p> <ul style="list-style-type: none"> <li>• KUB</li> </ul>
<p>Alarm symptoms/conditions</p>	<p>A patient with hemodynamic instability or bloody diarrhea should be referred for urgent evaluation.</p>
<p>Tests/procedures to avoid prior to consult</p>	<p>Barium radiographic studies</p>
<p>Common rule-outs to consider prior to consult</p>	<p>None provided</p>
<p>Relevant “Choosing Wisely” elements</p>	<p>None provided</p>
<p>Healthcare professional and/or patient resources</p>	<p>Healthcare Professional Information:</p> <p><a href="http://www.gastro.org/practice/medical-position-statements">http://www.gastro.org/practice/medical-position-statements</a></p> <p><a href="http://www.uptodate.com/contents/approach-to-the-adult-with-chronic-diarrhea-in-developed-countries">http://www.uptodate.com/contents/approach-to-the-adult-with-chronic-diarrhea-in-developed-countries</a></p> <p>Patient Information:</p> <p><a href="http://www.cdc.gov/healthywater/hygiene/disease/chronic_diarrhea.html">http://www.cdc.gov/healthywater/hygiene/disease/chronic_diarrhea.html</a></p> <p><a href="http://www.mayoclinic.org/symptoms/diarrhea/basics/definition/SYM-20050926">http://www.mayoclinic.org/symptoms/diarrhea/basics/definition/SYM-20050926</a></p>