Approach to Chronic Diarrhea

Alarm Symptoms/Red Flags

- Unintentional weight loss
- Growth failure
- Fever
- Arthritis
- Urgency
- Blood in stools
- Fatigue
- Family history of IBD or celiac

Yes ⟵ Alarm Symptoms/Red Flags ⟶ **No**

Stool cultures
Stool O&P x stool for *C Difficile* and toxin

- → CBC, ESR, CRP, albumin, iron studies, IgA, TTG, fecal calprotectin
- + → Treat → If symptoms persist and repeat cultures negative → CBC, ESR, CRP, albumin, iron studies, IgA, TTG, fecal calprotectin

CBC, ESR, CRP, albumin, iron studies, IgA, TTG, fecal calprotectin

- **Abnormal results** → Refer to GI along with copies of:
  - Growth curve
  - Stool culture results
  - Blood test results
- **Normal results** → Treat IBS and reassess in a few weeks

No other symptoms or bloating, gas, worse with dairy → Trial of lactose-free diet (see lactose intolerance info) → **RESPONSE**

- **NO** → Stool C&S x 2, O&P x 3, *C Difficile* and toxin
- **YES** → Continue No need to refer to GI

Stool C&S x 2, O&P x 3, *C Difficile* and toxin

- + → Treat → If symptoms persist and repeat cultures negative → CBC, ESR, CRP, albumin, iron studies, IgA TTG, fecal calprotectin
- - → CBC, ESR, CRP, albumin, iron studies, IgA TTG, fecal calprotectin

If excessive juice intake, remove from diet → **RESPONSE**

- **NO** → Trial of lactose-free diet (see lactose intolerance info)
- **YES** → Continue No need to refer to GI

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