

# Irritable Bowel Syndrome (IBS) Quiz

This quiz is intended for healthcare practitioners and serves as a diagnostic aid for identifying potential cases of Irritable Bowel Syndrome (IBS).

**Which of the following symptoms are commonly associated with IBS?**

- a) Chronic cough
- b) Joint pain
- c) Abdominal pain or cramping
- d) Headaches

**How would you characterize the abdominal pain experienced by the patient?**

- a) Sharp and localized
- b) Dull and diffuse
- c) Occasional and mild
- d) Non-existent

**Does the patient report any changes in bowel habits?**

- a) No changes
- b) Increased frequency of bowel movements
- c) Alternating between diarrhea and constipation
- d) Consistently loose stools

**Which of the following symptoms often accompany episodes of diarrhea in IBS patients?**

- a) Rectal bleeding
- b) Unexplained weight loss
- c) Bloating and gas
- d) Severe fatigue

**Has the patient experienced any relief from abdominal discomfort after bowel movements?**

- a) Yes, consistently
- b) No, never
- c) Occasionally
- d) Not sure

**Are there any identifiable triggers that exacerbate the patient's symptoms?**

- a) Stress
- b) Certain foods or beverages
- c) Medications
- d) All of the above

**Has the patient noticed the presence of mucus in their stool?**

- a) Yes, frequently
- b) No, never
- c) Occasionally
- d) Not sure

**Has the patient undergone any previous diagnostic tests for gastrointestinal conditions?**

- a) Colonoscopy
- b) Stool studies
- c) Blood tests
- d) None of the above

**How long have the patient's symptoms been present?**

- a) Less than one month
- b) 1-6 months
- c) 6-12 months
- d) More than one year

**Based on your assessment, do you suspect the patient may have Irritable Bowel Syndrome (IBS)?**

- a) Yes
- b) No
- c) Unsure