

Abbreviations
 IBS: Irritable bowel syndrome
 PPI: Proton pump inhibitors
 H2: Histamine
 RUQ: Right upper quadrant
 RLQ: Right lower quadrant
 IBD: Inflammatory bowel disease

Exclusion Criteria:

- Less than 6 years of age
- Developmental delayed and non-verbal

Red flags:

- Weight loss/poor growth
- RUQ pain
- Bilious (green) vomiting
- RLQ pain
- Severe chronic diarrhea
- Perianal disease
- Blood in emesis or stools
- Fever or arthritis
- Family history of IBD or celiac disease
- Dysphagia

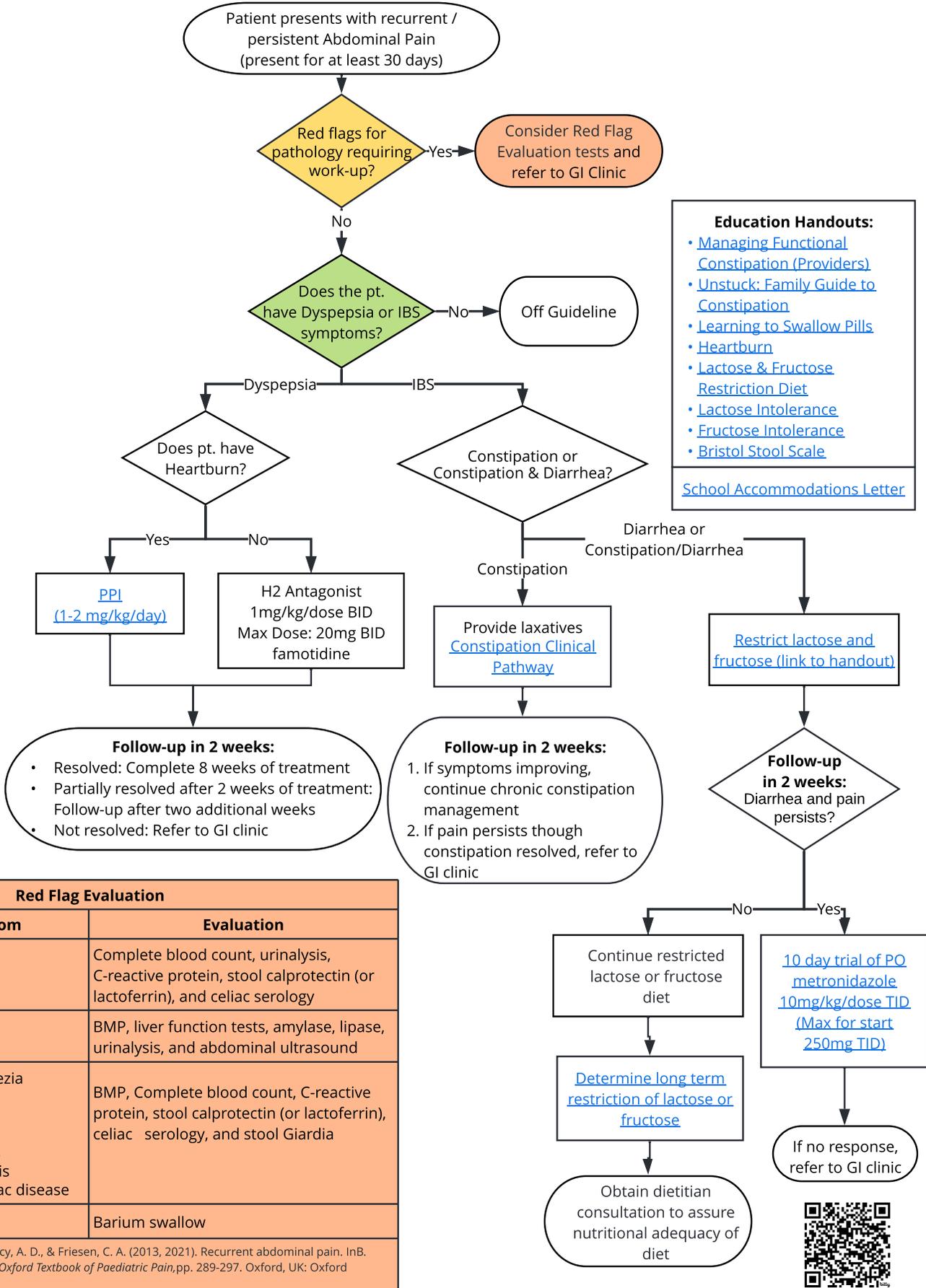
If no red flags, then consider criteria for dyspepsia or IBS (only requires one symptom to make the diagnosis):

Dyspepsia

- Epigastric pain or burning
- Early satiety
- Postprandial bloating

IBS

- Change in stool form
- Change in stool frequency
- Pain with a stool



- Education Handouts:**
- [Managing Functional Constipation \(Providers\)](#)
 - [Unstuck: Family Guide to Constipation](#)
 - [Learning to Swallow Pills](#)
 - [Heartburn](#)
 - [Lactose & Fructose Restriction Diet](#)
 - [Lactose Intolerance](#)
 - [Fructose Intolerance](#)
 - [Bristol Stool Scale](#)
- [School Accommodations Letter](#)

Red Flag Evaluation	
Alarm Sign or Symptom	Evaluation
<ul style="list-style-type: none"> • Weight loss • Deceleration of growth • Delayed Puberty 	Complete blood count, urinalysis, C-reactive protein, stool calprotectin (or lactoferrin), and celiac serology
<ul style="list-style-type: none"> • Excessive vomiting • Right upper quadrant pain 	BMP, liver function tests, amylase, lipase, urinalysis, and abdominal ultrasound
<ul style="list-style-type: none"> • Hematemesis or hematochezia • Right lower quadrant pain • Chronic diarrhea • Perianal disease • Systemic symptoms such as unexplained fever or arthritis • Family history of IBD or celiac disease 	BMP, Complete blood count, C-reactive protein, stool calprotectin (or lactoferrin), celiac serology, and stool Giardia
<ul style="list-style-type: none"> • Dysphagia 	Barium swallow

Note. Adapted from Schurman, J. V., Deacy, A. D., & Friesen, C. A. (2013, 2021). Recurrent abdominal pain. In B. Stevens, S. Walker, & W. Zempsky (Eds.), *Oxford Textbook of Paediatric Pain*, pp. 289-297. Oxford, UK: Oxford University Press.