IRRITABLE BOWEL SYNDROME (IBS)
Health Management Plan
SCHOOL YEAR: _____

Student Name:	**DOB:**
School:	**Student ID:**

CONTACTS:	
MOTHER:	FATHER:
HOME:	HOME:
WORK:	WORK:
CELL:	CELL:

EMERGENCY CONTACTS:	
Name:	Phone:
Name:	Phone:
PHYSICIAN:	PHONE:
HOSPITAL PREFERENCE:	

Description: Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine (colon). Irritable bowel syndrome commonly causes cramping, abdominal pain, bloating, gas, diarrhea, and constipation. IBS is a chronic condition that you will need to manage long term. Even though signs and symptoms are uncomfortable, IBS — unlike ulcerative colitis and Crohn's disease, which are forms of inflammatory bowel disease — doesn't cause changes in bowel tissue or increase your risk of colorectal cancer. Only a small number of people with irritable bowel syndrome have severe signs and symptoms. Some people can control their symptoms by managing diet, lifestyle and stress. Others will need medication and counseling.

Symptoms may include: Abdominal pain or cramping, bloated feeling, gas, diarrhea or constipation or alternating bouts of constipation and diarrhea, mucus in the stool (*Mayo Clinic. Org/diseases –conditions, July 31, 2014)*

BRIEF STUDENT HISTORY / MEDICATIONS:

MANAGEMENT:

- Restroom: _____
- Dietary considerations:_____
- OTHER: _____

CALL PARENT IF STUDENT HAS:

- change in bathroom habits (soiling or increased frequency)
- fever
- severe abdominal pain
- other: _____

School Clinic: Copy of this plan to be provided to Transportation Supervisor

_____ _____

Parent Signature Date County School Nurse Signature Date

Confidentiality of student health information should be maintained at all times.