

# Pediatric Functional Abdominal Pain Treatment and Referral Guidelines



Developed in a collaboration of pediatric gastroenterologists from the Departments of Pediatrics at Carolinas Health Care, Duke University, East Carolina University, University of North Carolina, and Wake Forest University and primary care providers from across North Carolina

## ROME III CONDITIONS AND CRITERIA

### Cyclic Vomiting Syndrome

Diagnostic criteria include the following:

- Episodes of vomiting (acute) and duration (less than one week)
- Return to usual state of health lasting weeks to months
- Absence of nausea and vomiting between episodes
- Strong family history of migraine headaches is a supportive criteria

### Infant Colic

Diagnostic criteria **must** include **all** of the following in infants from birth to 4 months of age:

- Paroxysms of irritability, fussing or crying that starts and stops without obvious cause
- Episodes lasting 3 or more hours/day and occurring at least 3 days/week for at least 1 week
- No failure to thrive

### Functional Diarrhea

Diagnostic criteria **must** include all of the following:

- Daily painless, recurrent passage loose (mushy) or watery stool occurring in at least 75% of stool
- Symptoms that last more than 2 months
- Passage of stools that occurs during waking hours
- There is no failure-to-thrive if caloric intake is adequate

### Adolescent Rumination Syndrome

Diagnostic criteria\* **must** include **all** of the following:

- Repeated painless regurgitation and rechewing or expulsion of food that
  - begin soon after ingestion of a meal
  - do not occur during sleep
  - do not respond to standard treatment for gastroesophageal reflux
- No retching
- No evidence of an inflammatory, anatomic, metabolic, or neoplastic process that explains the child's symptoms

\* Criteria fulfilled for the last 2 months with symptom onset at least 6 months prior to diagnosis

### Aerophagia

Diagnostic criteria\* **must** include **at least two** of the following:

- Air swallowing could or could not be objectively observed or measured
- Abdominal distention due to intraluminal air
- Repetitive belching at least several times a week and/or increased flatus

\*Criteria fulfilled at least once per week for at least 2 months prior to diagnosis

## Functional Dyspepsia

Diagnostic criteria\* **must** include **all** of the following:

- Persistent or recurrent epigastric pain or discomfort or early satiation Not relieved by defecation or associated with the onset of a change in stool frequency or stool form (i.e., not irritable bowel syndrome)
- No evidence of an inflammatory, anatomic, metabolic or neoplastic process that explains the child's symptoms

\* Criteria fulfilled for the last 2 months with symptom onset at least 6 months prior to diagnosis

## Irritable Bowel Syndrome

Diagnostic criteria\* **must** include **both** of the following:

- Abdominal discomfort\*\* or pain associated with two or more of the following at least 25% of the time:
  - Improvement with defecation
  - Onset associated with a change in frequency of stool
  - Onset associated with a change in form (appearance) of stool
- No evidence of an inflammatory, anatomic, metabolic, or neoplastic process that explains the child's symptoms

\* Criteria fulfilled at least once per week for at least 2 months prior to diagnosis

\*\* "Discomfort" means an uncomfortable sensation not described as pain.

## Abdominal Migraine

Diagnostic criteria\* **must** include **all** of the following:

- Paroxysmal episodes of intense, acute periumbilical pain that lasts for hour or more
- Intervening periods of usual health lasting weeks to months
- The pain interferes with normal activities
- The pain is associated with 2 of the following:
  - Anorexia
  - Nausea
  - Vomiting
  - Headache
  - Photophobia
  - Pallor
- No evidence of an inflammatory, anatomic, metabolic, or neoplastic process considered that explains the child's symptoms

\* Criteria fulfilled two or more times in the preceding 12 months

## Childhood Functional Abdominal Pain

Diagnostic criteria\* **must** include **all** of the following:

- Episodic or continuous abdominal pain
- Insufficient criteria for other FGIDs
- No evidence of an inflammatory, anatomic, metabolic, or neoplastic process that explains the child's symptoms

\* Criteria fulfilled at least once per week for at least 2 months prior to diagnosis

## Childhood Functional Abdominal Pain Syndrome

Diagnostic criteria\* **must** include **all** of the following:

- Some loss of daily functioning
- Continuous or nearly continuous abdominal pain
- No or only occasional relationship of pain with physiological events (e.g., eating, defecation, or menses)
- The pain is not feigned (e.g., malingering)
- Insufficient symptoms to meet criteria for another functional gastrointestinal disorder that would explain the pain

\* Criteria fulfilled at least once per week for at least 2 months prior to diagnosis