

9 April 2024

# Irritable Bowel Syndrome Awareness Month

April is IBS Awareness Month. IBS is the most common disorder of the digestive system and it's estimated that symptoms are experienced by up to a third of the UK population.

Symptoms of irritable bowel syndrome can include constipation, diarrhoea, abdominal pain, bloating, flatulence, nausea, back pain or bladder problems. For many people, IBS can have a serious and long-term impact on their ability to carry out normal day to day activities.

Some people with IBS may require reasonable adjustments in the workplace, such as access to adequate toilet facilities.

If you have symptoms of IBS, it's worth getting it checked out with your doctor. Whilst there's no test for IBS, other tests can rule out more serious issues like coeliac, Chron's disease or Inflammatory Bowel Syndrome.

If you're a PCS member you can [read our guide on IBS](#) on PCS Digital.

## **Raising awareness**

There are many misunderstandings and presumptions about IBS. Not every illness or disability is visible, IBS can affect anyone at any time of life. Some people who experience IBS will have infrequent and mild symptoms, but for many others it can have a massive impact on their lives.

It's time to encourage conversations about our toilet habits, because going to the toilet is really one of the most natural processes out there, which is common to us all.

Find out more about IBS by visiting the [Guts UK](#) website.