

The differential diagnosis of bloating

A primer by Dr. Elena Ivanina

- **APD:** Abdominophrenic dyssynergia
- **Ascites**
- **Cancer:** Gastrointestinal or GYN malignancy
- **Carbohydrate intolerance:** Lactose, fructose, sucrose
- **Celiac disease**
- **Chronic infection:** Parasite
- **CIP:** chronic idiopathic intestinal pseudoobstruction
- **Diverticular disease:** Small intestine diverticulosis, SCAD/SUDD
- **Dysbiosis**
- **EPI:** exocrine pancreatic insufficiency
- **Food related:** Food allergies, alpha gal syndrome, nickel allergy
- **GOO:** Gastric outlet obstruction
- **Hormonal:** menopause, menstruation, endometriosis, PCOS
- **IBD:** inflammatory bowel disease
- **Medication side effect**
- **Motility issue:** Gastroparesis, small bowel dysmotility, colonic dysmotility
- **NCGS:** nonceliac gluten sensitivity
- **Pelvic floor dysfunction**
- **Pregnancy**
- **SIBO:** small intestinal bacterial overgrowth
- **SIFO:** small intestinal fungal overgrowth
- **Surgery:** Prior gastroesophageal surgery (eg, fundoplication, bariatric surgery)
- **Thyroid issues:** Hypothyroidism
- **Visceral hypersensitivity** (Disorder of the gut-brain interaction)
- **Other:** Adiposity, excess gas intake (carbonated beverages)

