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Summary

ABDOMINAL BLOATING AND DISTENTION IN IRRITABLE BOWEL SYNDROME ARE COMMON AND PARTLY RELATED TO GUT TRANSIT AND VISCERAL HYPERSENSITIVITY

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In a cohort of 1100 IBS patients, significant abdominal bloating and distention were reported by over 80% and were associated with increased IBS severity and symptom burden, though only bloating as the most bothersome symptom correlated with altered gut sensorimotor function.

KEY POINTS

- Significant abdominal bloating was reported by 91.6% and significant distention by 81.2% of patients, both with female predominance and equal distribution across IBS subtypes.
- Significant bloating or distention was associated with more severe IBS symptoms and more extraintestinal symptoms ($p<0.001$ for both), while bloating alone was also associated with increased psychological symptoms ($p<0.05$).
- When abdominal bloating was identified as the most bothersome symptom (5% of patients), it was associated with delayed oro-anal transit time ($p=0.01$) and visceral hypersensitivity ($p=0.016$).
- No association was found between significant bloating or distention and abnormal oro-anal transit time or visceral hypersensitivity when these symptoms were not the most bothersome.
- The findings suggest bloating and distention contribute to disease burden in IBS and may help elucidate pathophysiological mechanisms, particularly when bloating is the predominant complaint.

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