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Summary

PREVALENCE OF, AND MICROBIAL RISK FACTORS FOR, IRRITABLE BOWEL SYNDROME AND FUNCTIONAL DYSPEPSIA AFTER ACUTE GASTROINTESTINAL INFECTION: A SYSTEMATIC REVIEW AND META-ANALYSIS

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A systematic review and meta-analysis of 61 studies involving 43,324 people found that one-in-eight individuals who experience a gastrointestinal infection develop post-infection IBS or functional dyspepsia.

KEY POINTS

- The pooled prevalence of post-infection IBS after GI infection was 12.5 percent and post-infection functional dyspepsia was 12.6 percent, with bacterial infections showing prevalence of 19.8 percent and parasitic infections 22.3 percent for PI-IBS.
- Clostridioides difficile infection was associated with the highest prevalence of PI-IBS at 25.7 percent, followed by Campylobacter at 22.5 percent.
- Individuals with a history of GI infection had nearly four times higher odds of developing IBS (OR 3.9) and three times higher odds of developing functional dyspepsia (OR 3.03) compared to controls without infection.
- Gram-negative bacteria including Enterobacteriaceae and Campylobacter were associated with the highest odds of developing PI-IBS (OR 5.5), while parasites also showed elevated risk (OR 5.4).
- This meta-analysis provides the most comprehensive quantitative assessment to date of post-infection disorders of gut-brain interaction, though conclusive data on PI-FD remain limited.

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