# Inflammatory Bowel Disease (IBD)

## What is it?
IBD is a term used to describe symptoms of gastrointestinal upset caused by inflammation in the bowel.

## What causes it?
Many things can cause inflammation in the bowel. IBD can result from autoimmunity, ingestion of irritant, dietary indiscretion, and stress/anxiety, among other etiologies.

Symptoms usually manifest as persistent, intermittent loose stool and/or diarrhea. In some cases, the dog may go off her food or lose weight.

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<th>Tests/Diagnosis</th>
<th>Treatment</th>
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<td><strong>Tests/Diagnosis:</strong> IBD is a possible diagnosis when other causes of diarrhea have been tested for and ruled out. It can be a lengthy process of exclusion. Canine diarrhea can be caused by worms, giardia, food allergy/intolerances, bacterial infection and situational stress/anxiety. Once these are crossed off, your vet may suggest an ultrasound of the intestines to observe abnormal thickness of the intestinal walls and bloodwork.</td>
<td><strong>Treatment for IBD consists of therapies to reduce diarrhea/vomiting, promote appetite, and decrease inflammation. If any cause of irritation was identified, it should be eliminated.</strong> Your vet may recommend a diet trial, or prescription diet, medication, and probiotics. Recent studies have suggested fecal transplant therapy from a healthy donor can have beneficial effects on dogs with IBD.</td>
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The definitive diagnosis of IBD can only be confirmed via biopsy of the intestinal wall, a surgical procedure. However, specimen quality can vary, pathology can come back inconclusive.

## Prevention:
The disease is not preventable, but flare-ups can be minimized through diet, proper exercise, stress reduction, and medication.

*This information is not meant to be a substitute for veterinary care. Always follow the instructions provided by your veterinarian.*

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