

Rome Foundation Clinical Diagnostic Criteria for Disorders of Gut-Brain Interaction (DGBI)

The Rome IV criteria are extensively used to diagnose DGBI in epidemiological and pathophysiological research, and treatment trials. The criteria require six months of symptoms and high symptom frequencies to exclude other disease. This limits its diagnostic value in clinical practice when the provider can use judgment to diagnose based on the clinical evaluation.

The Rome Foundation now provides modified diagnostic criteria¹ for clinical practice, where a DGBI diagnosis can be made based on clinical confidence and investigations that exclude other diagnoses without time and frequency restrictions.



Modification of Rome criteria for clinical practice diagnosis:

1

Clinical criteria should be based on previously validated Rome IV symptom descriptors.

2

Bothersomeness must be considered when symptoms interfere with daily life.

3

Frequency of symptoms is an important factor to consider but should not be an obligatory criteria for all cases

4

Physicians can shorten the duration criteria when all other diagnoses can confidently be excluded.

¹Drossman DA, Tack J. Rome Foundation Clinical Diagnostic Criteria for Disorders of Gut-Brain Interaction. *Gastroenterology* 2022;162:675-679. 34808139 DOI: 10.1053/j.gastro.2021.11.019



Scan QR code to read full document

The following are needed to meet the Clinical Criteria:

Qualitative Symptom Criteria

- The qualitative features of the Rome IV Diagnostic Criteria must be met

Bothersomeness

- Sufficiently bothersome symptoms to seek medical care or daily activity and quality of life

Frequency criteria

- A frequency lower than traditional criteria threshold is permitted provided that the symptoms are bothersome enough to affect daily activity or require treatment

Duration criteria

- The Rome IV six-month duration is not required. We suggest an 8-week duration to exclude other diagnoses.

Exceptions are:

- when the clinician is satisfied that medical evaluation excludes other disorders or
- infrequent symptom episode disorders (e.g., CVS, proctalgia fugax)

Rome IV Clinical Criteria*

Irritable Bowel Syndrome

Recurrent abdominal pain at least 1 day/week
in the last 3 months associated with 2 or more :



Related to
defecation

and

Onset associated with
a change in frequency
of stool

and



Onset associated
with a change in
form (appearance)
of stool

~~*Criteria fulfilled for the last 3 months with symptom onset
at least 6 months prior to diagnosis for eight weeks~~