

Is it inflammatory bowel disease or irritable bowel syndrome?

IBS symptoms

- Bloating
- Gas
- Mucus in stool
- Nausea
- Headaches

Symptoms of both

- Abdominal pain
- Cramping
- Diarrhea

IBD symptoms

- Bloody stool
- Blocked bowels
- Vomiting
- Weight loss
- Delayed growth
- Loss of appetite
- Fatigue
- Fever
- Joint pain
- Painful skin rash
- Eye problems

