CONTINUING MEDICAL EDUCATION QUESTIONS

Continuing Medical Education Questions: March 2021

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Article Title: Irritable Bowel Syndrome in Pregnancy


LEARNING OBJECTIVE
After this activity, the participant will be able to explain the pathophysiology and management of irritable bowel syndrome in pregnancy.

QUESTION 1
A 27-year-old G1P0 woman in her second trimester presents to her obstetrician for constipation. She has a history of irritable bowel syndrome with constipation (IBS-C) which is well-controlled with dietary modification. However, she has recently had worsening constipation. Her vital signs and physical exam are unremarkable. Which of the following treatments for IBS-C is safe to use for this patient?

A. Tegaserod
B. Lubiprostone
C. Senna
D. Psyllium

QUESTION 2
A 35-year-old G1P1 woman who is 4 weeks postpartum presents to her gastroenterologist for a history of irritable bowel syndrome with diarrhea (IBS-D). She is breastfeeding and would like to know which medication is safe to take. Her vital signs are normal and physical exam is remarkable for bilateral lower quadrant tenderness to palpation. Which of the following medications is safest to use while breastfeeding in this patient?

A. Cholestyramine
B. Sertraline
C. Amitriptyline
D. Diphenoxylate/atropine

QUESTION 3
Which of the following is an effect of physiologic hormones during pregnancy that contributes to constipation?

A. Attenuation of the migrating motor complex cycle
B. Decreased oro-cecal transit time
C. Decreased smooth muscle function
D. Increased ileal smooth muscle contractions