

Unexplained Weight Loss (COLON-11)

- 70% of unexplained weight loss can be attributed to gastrointestinal causes of IBD 4%, pancreatic cancer 2%, colon cancer 3% with majority of cases being caused by irritable bowel syndrome 58%.
- Initial work up may include appropriate history and physical exam and appropriate baseline labs (CBC, CMP, TSH, Hga1c, celiac serologies, ESR/CRP)
- Colonoscopy as requested for weight loss with ANY of the following
 - Lower abdominal pain
 - Iron deficiency with or without anemia
 - GI bleed (overt or occult)
 - Change in bowel habits (diarrhea or constipation or mixed pattern)
 - Palpable abdominal mass

Reference

Bajwa M, Bank L, Yacoub A, Qayyum F. Unexplained weight loss in a gastroenterology clinic. AJG. 2017;112:S102-S103.