

Visits to GP, Psychiatrist & Gastroenterologist

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Wow, it has been a month and quite a bit has happened.

A month ago, I blogged that I recognised I was stuck in a cycle with anxiety feeding IBS feeding anxiety, which was at the least hindering my recovery. So I have had a string of appointments over the past month, which included, GP, Psychiatrist, Gastroenterologist, and an Endoscopy.

So, to start, an anxious visit to the GP: who as usual seemed to lack empathy. I explained my bowel symptoms and link to anxiety. He concluded that I displayed the symptoms of Irritable Bowel Syndrome and suggested I discuss it more at my next Gastroenterologist appointment.

Thankfully my appointment with the Gastroenterologist was the following week. He agreed that it sounded like IBS and said having looked at my blood test results that my IBD was under control. He suggested I have an Endoscopy to check my bowel as I had not had one for ten years. In terms of the IBS he suggested a drug called [Amitriptyline](#), but because of my other medication wanted the Psychiatrist to prescribe it.

I then had my appointment with the Psychiatrist, where I discovered that the Gables Mental Health Hospital site has been closed and that I had another new doctor. We explored my medication and I was reluctant to change the [Trazodone](#), as it has been good for me. So the [Amitriptyline](#) was not an option if I was to stay on [Trazodone](#). He did though increase my dose of [Trazodone](#) to 150mg a day.

My outpatients appointment for the Endoscopy was fine. The consultants letter to my GP said there was no signs of inflammation or history of inflammation and that I no longer needed to take [Asacol](#).

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So the outcome of these medical appointments seems to be a diagnosis of Irritable Bowel Syndrome (IBS), but I do not have IBD. So this means I can now focus on my Anxiety and IBS.

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