

GILBERT SYNDROME



BASIC INFORMATION

DESCRIPTION

A disorder that causes increased blood levels of bilirubin. Bilirubin is a yellow chemical that results from red blood-cell breakdown. Gilbert syndrome is usually a chance finding of routine testing. It affects both sexes, but is most common in men. It is present from birth, but symptoms may not appear until ages 20 to 40.

FREQUENT SIGNS AND SYMPTOMS

- Usually there are no symptoms.
- Mild jaundice (yellow skin and eyes) may occur in some patients. It may come and go.
- Some patients have symptoms that are nonspecific. These include stomach cramps, tiredness, and general ill feeling. They may be related to anxiety in some cases.

CAUSES

A dysfunction of the liver in processing bile. This leaves above-normal levels of bilirubin in the blood. If blood levels are high enough, jaundice may appear.

RISK INCREASES WITH

The signs of jaundice may be brought on by dehydration, fasting, illness, menstrual periods, and stress (trauma or overexertion).

PREVENTIVE MEASURES

No specific measures to prevent Gilbert syndrome.

EXPECTED OUTCOMES

The condition is harmless.

POSSIBLE COMPLICATIONS

No known complications.



DIAGNOSIS & TREATMENT

GENERAL MEASURES

- Your health care provider will usually do a physical exam. Blood tests of bilirubin and liver function will be done to help confirm the diagnosis.
- No treatment is necessary. Your health care provider will explain that the syndrome is benign and will not cause health problems or affect lifestyle.

MEDICATIONS

Drugs are not necessary for this disorder.

ACTIVITY

No limits.

DIET

No special diet.



NOTIFY OUR OFFICE IF

You or a family member has symptoms of Gilbert syndrome. This usually involves skin that looks a bit yellow.

Special notes:

More notes on the back of this page