Gilbert’s syndrome

**Summary:**

A build-up of bilirubin in the bloodstream. Bilirubin is a yellow substance in the blood; a by-product of old red blood cells. Genetic disorder; hereditary; a faulty gene that causes the liver to have problems removing bilirubin. Affects roughly 1 in 20 of the population. Affects more men than women.

Jaundice may also indicate more serious liver problems: cirrhosis and hepatitis C; will need monitoring.

**Symptoms:**

Can lead to episodes of jaundice; short lived. Other problems during these episodes can include: abdominal pain, fatigue, loss of appetite, feeling sick, dizziness, IBS, brain fog, generally feeling unwell.

Triggers that may bring on an episode of jaundice include: being dehydrated, fasting; stress, physical exertion, not getting enough sleep, having surgery, being ill with an infection, women having their period.

**Strategies:**

Discuss symptoms with the student and address any triggers.

May need to call a First Aider.

**Information source:**

[**https://www.nhs.uk/conditions/gilberts-syndrome/**](https://www.nhs.uk/conditions/gilberts-syndrome/)