A study is being launched at four primary care centers in the Girona Health Region to improve the diagnosis of irritable bowel syndrome

This work incorporates the noninvasive test developed by the biotechnology company GoodGut based on fecal microbial markers.

In previous studies, the test enabled diagnosing 88.2% of the patients in the sample, avoided additional tests and specialist visits, and reduced the average cost per patient by more than €1,000.

Girona, November 27, 2025 – The Santa Clara primary care centers in Girona, Anglès, Cassà de la Selva and Banyoles, together with the Digestive Service of Trueta and Santa Caterina hospitals, and in coordination with the Girona Territorial Clinical Laboratory, have launched a study to evaluate the **incorporation of a test based on fecal microbial markers for the diagnosis of irritable bowel syndrome.**

The study will include nearly 970 people with symptoms consistent with this syndrome, which affects approximately 11% of the European population and prompts more than 60% of those affected to consult medical personnel. **Currently, diagnosis can be delayed because it requires multiple visits and tests to rule out other possible diagnoses, placing a burden on both patients and the healthcare system.**

In a previous phase, the Digestive Service evaluated the impact of using this test, developed by the biotechnology company GoodGut (part of the HIPRA group), **which allowed for the diagnosis of 88.2% of patients, and reduced additional tests in 70.6% of cases, in addition to lowering the average cost of diagnosis from €1,723.98 to €662.93 per patient.** Based on these results, the possibility of using it in primary care—the patient's first point of contact before being referred to hospital gastroenterology specialists—was proposed, with the goal of increasing problem-solving capacity, reducing waiting lists, and shortening diagnostic times.

The current circuit will be compared with a new approach that incorporates testing from the outset to confirm, in the event of a positive result, the suspicion of disease. The efficiency of the process (reduction in tests, visits, and costs) will also be analyzed, as well as the participants' perceptions and the organizational impact of implementing the test in primary care centers and the clinical laboratory.

Various studies have highlighted the key role of the gut microbiota in better defining digestive disorders and contributing to a more precise clinical diagnosis. The analysis of certain microbial markers allows for the detection of Irritable Bowel Syndrome and helps differentiate it from other conditions.

According to Mariona Serra, director of GoodGut, the connection between irritable bowel syndrome and the gut microbiota represents “a major step toward a paradigm shift in the

diagnosis of the disease." In this case—she explains—**"we expect the test to reduce costs, tests, and diagnostic time by 45%, as well as support personalized** therapy based on the quantitative information of the microbial markers analyzed."

For his part, Dr. Albert Alum, director of operations for the Gerencia de Atención Primaria y Comunitaria de Girona and the primary care directorate of the Institut d'Assistència Sanitària, highlights that **the results of this study "can contribute to strengthening the diagnostic capacity of primary care, increase its autonomy and optimize referrals to specialists."** He also emphasizes that this can improve people's quality of life, since "they would access the appropriate treatment sooner, reducing unnecessary tests and trips to hospital centers."

The study aims to evaluate the integration of the test into the clinical practice of primary care centers and is coordinated by Dr. Esther Gelada (Anglès Health Center), Dr. Alice Cristina Sandru (CAP Banyoles), Dr. Lluís Gonzalo (CAP Cassà de la Selva), Dr. Dan Oltean (CAP Santa Clara de Girona), and Drs. Xavier Aldeguer and Oriol Miquel (Gastroenterology Service of Trueta Hospital).

About Irritable Bowel Syndrome

It is a functional intestinal disorder characterized by recurrent abdominal pain associated with changes in bowel habits (constipation, diarrhea, or an alternation of both). It has a high prevalence in developed countries and is one of the ten most difficult diseases to diagnose due to the lack of confirmatory diagnostic tests, which causes an average delay of up to four years in its detection. In terms of social costs, it is one of the diseases most frequently associated with sick leave, decreased work productivity, and a deterioration in quality of life.

About GoodGut

The biotechnology company GoodGut, acquired by HIPRA in 2021, is focused on diagnostic and treatment solutions for digestive diseases based on the gut microbiota that allow for an accurate, reliable, and cost-effective diagnosis for the healthcare system, and to improve the quality of life of patients with compromised digestive health.

GoodGut was created in 2014 as a spin-off from the University of Girona (UdG) and the Dr. Josep Trueta Girona Biomedical Research Institute (IDIBGI) to transform the knowledge obtained into high-impact technological solutions for society. To date, it has already developed three diagnostic products present in more than 79 centers in Spain, and three others are in the study phase.

As part of World Digestive Health Day and following the recent announcement by the Ministry of Health to expand the colorectal cancer screening program to age 74, GoodGut, a HIPRA group company dedicated to digestive health, presents the results of the implementation study of the non-invasive test they have developed and proposes an effective solution to address the challenges of sustainability, coverage, and diagnostic accuracy in colorectal cancer (CRC) early detection programs.

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