

IRRITABLE BOWEL SYNDROME

FOR ALL SUBTYPES OF IBS

EXERCISE

mod-vig exercise for 20-60 mins 3-5x per week

SOLUBLE FIBER

Try psyllium husk 0.5 – 1 tsp daily
Insoluble fibers NOT beneficial

PROBIOTICS

Bifidobacterium infantis (Align) 1 cap/day
Lactobacillus planetarum 229v (TuZen) 1-2 caps/day

ANTISPASMODICS

Peppermint oil (0.2-0.275 mL) 2 EC caps BID
Hyoscine butylbromide (Buscopan) 10 mg TID-QID
Dicyclomine hydrochloride (Bentylol) 20 mg TID-QID
Pinaverium bromide (Dicetel) 50-100 mg TID
Trimebutine (Modulon) 100-200 mg TID

ANTIDEPRESSANTS

Nortriptyline or amitriptyline 10-25 mg qhs,
dose escalate by 10-25 mg/week (to 25-150 mg/day)

COMPLEMENTARY THERAPIES

Psychological treatments (cognitive therapy)
Mindfulness-based stress reduction
Hypnotherapy (gut directed)
Acupuncture
Yoga

FOR CONSTIPATION

PEG BASED LAXATIVES

17-34 g/day

MAGNESIUM CITRATE

15-30 mL BID prn

LACTULOSE

15-30 mL PO up to TID

FIBER + HYDRATION

Psyllium (max 12 g/day)

LINACLOTIDE

290 mcg/day 30 mins before breakfast
(CDEC does not recommend its use)

TREATMENT

ANTIDIARRHEALS

Loperamide 2-4 mg BID
Cholestyramine 1-4 g PO daily-TID
(risk fat-soluble vitamin deficiencies with long-term use)

FODMAPS DIET

Replace high FODMAPs with low FODMAPs

GLUTEN AVOIDANCE

Non-celiac gluten sensitivity

RIFAXIMIN

550 mg TID x 2 weeks
(Broad-spectrum antibiotic that targets gut
Improves pain, bloating & stool consistency)

RED FLAGS

- Rectal bleeding or GI bleeding; anemia
- Unexplained unintentional weight loss
- Family history of bowel or ovarian cancer
- Late onset of sx (age > 60 years old)
- Presence of any masses (abdominal, pelvic, rectal)