

# Treatments for IRRITABLE BOWEL SYNDROME

Irritable bowel syndrome can be caused/worsened by many things; therefore, every patient's experience of IBS will be unique, and thus, the appropriate treatment(s) for each patient may be different

Helpful for IBS-C, IBS-D & Mixed-IBS*	<b>Basic Dietary Modification</b>	<ul style="list-style-type: none"> <li>-Ensure adequate hydration</li> <li>-Decrease alcohol intake (affects GI motility and permeability)</li> <li>-Decrease caffeine intake (increases gastric acid secretion and colonic motor activity)</li> <li>-Avoid spicy foods (speeds GI transit time)</li> <li>-Avoid fatty foods/high fat meals (increases GI motility)</li> <li>-Eat smaller, more frequent meals</li> </ul>
	<b>Exercise</b>	-Aim for 150 minutes of heart-pumping exercise weekly
	<b>Stress Management</b>	<ul style="list-style-type: none"> <li>-Ensure adequate sleep</li> <li>-Yoga/Meditation</li> <li>-Journaling</li> <li>-Be mindful of time management/avoid over committing oneself/take time for rest</li> <li>-Talk therapy</li> <li>-Cognitive Behavioural Therapy</li> </ul>
	<b>Soluble Fiber Supplementation</b>	Psyllium fiber/ispaghula husk [6.5 mg daily]: <ul style="list-style-type: none"> <li>-<i>Metamucil</i> capsules, 2-5 per day</li> <li>-<i>Metamucil</i> powder, approximately 2 teaspoons/day</li> </ul>
	<b>Probiotics</b>	<ul style="list-style-type: none"> <li>-Eat fermented foods</li> <li>-Eat probiotic-containing yogurt/kefir</li> </ul> Consider probiotic supplementation: <ul style="list-style-type: none"> <li>-<i>VSL#3</i></li> <li>-<i>Align</i></li> </ul>
	<b>Peppermint Oil or Caraway Oil Supplementation</b>	Peppermint Oil/Caraway Oil [150-500 mg daily]: (relaxes GI smooth muscle) <ul style="list-style-type: none"> <li>-<i>IBgard</i> – 2 capsules 1-2x/day</li> <li>-<i>FDgard</i> – 2 capsules 1-2x/day</li> <li>-Enteric-coated peppermint oil</li> <li>-Caraway Tea</li> </ul>
IBS-C & Mixed-IBS	<b>PEG 3350-containing Laxatives</b>	<ul style="list-style-type: none"> <li>-<i>RestoraLAX</i> – 17g/1 capful daily</li> <li>-<i>Lax-A-Day</i> – 17g/1 capful daily</li> </ul>
IBS-C only	<b>Increase Fiber Intakes</b>	-Aim for 25-30 g of fiber daily
IBS-D only	<b>Lactose-Free Diet</b>	-Attempt a 6-8 week trial of a lactose-free diet
	<b>Low FODMAPs Diet</b>	-This is not a long-term diet, this involves a trial elimination of carbohydrates/fibers that are poorly absorbed/osmotically active with later reintroduction allowing identification of triggers
	<b>Gluten Free Diet</b>	-Some patients may benefit from gluten avoidance; you should get tested for celiac disease before eliminating gluten from your diet

\*IBS-C=IBS with constipation, IBS-D=IBS with diarrhea, Mixed-IBS=IBS with both constipation and diarrhea

Informed By: McKenzie et al. BDA systematic review and evidence-based practice guidelines for the dietary management of IBS in adults, J Hum Nutr Diet, 2016.