

THERAPEUTIC OPTIONS IN IBS

Treatment type	Treatment options
Pharmacotherapy	Targeting diarrhoea predominant symptoms <ul style="list-style-type: none"> • Antidiarrheals e.g. loperamide (μ-opioid receptor agonist) • Anti-spasmodic medication e.g. peppermint oil; dicyclomine • 5-HT₃ receptor antagonists e.g. alosetron; ondansetron • Bile salt sequestrants e.g. cholestyramine • Antibiotics e.g. rifaximin
	Targeting constipation predominant symptoms <ul style="list-style-type: none"> • Laxatives • 5-HT₄ receptor antagonists e.g. prucalopride • Prosecretory agents e.g. lubiprostone (type 2 chloride-channel stimulator); linaclotide (guanylate cyclase-C agonist)
	Targeting pain <ul style="list-style-type: none"> • Anti-depressants e.g. tricyclic antidepressants (TCAs); selective serotonin reuptake inhibitors (SSRIs)
Dietary therapy	Healthy eating modifications <ul style="list-style-type: none"> • Reduction in caffeine intake • Reduction in fat intake • Reduction in alcohol intake • Avoidance of spicy foods • Increase in fluid intake
	Exclusion diets <ul style="list-style-type: none"> • Restriction of fermentable carbohydrates (FODMAPs) • Restriction of natural and added food chemicals • Restriction of gluten
	Modification of fibre intake <ul style="list-style-type: none"> • Fibre supplementation e.g. linseeds or psyllium • Manipulation of fibre types
	<ul style="list-style-type: none"> • Modification of meal patterns and portion size
Lifestyle change	<ul style="list-style-type: none"> • Exercise
Supplements	<ul style="list-style-type: none"> • Probiotics • Herbal supplements e.g. Iberogast™; Chinese herbal medicine
Psychological therapies	<ul style="list-style-type: none"> • Cognitive behavioural therapies
	<ul style="list-style-type: none"> • Gut-directed hypnotherapy
Biofeedback	<ul style="list-style-type: none"> • Biofeedback therapy

