

IBS :

4 types

1. IBS-C
2. IBS-D
3. IBS-M
4. Post infectious IBS (more common in females, younger age, usually disrupted bowel pattern after an initial infection. Can last from weeks to 2 years). Usually 10% of IBS

Treatment is type specific.

1. IBS-C, general measures, high fiber Miralax, Lubiprostone (Amitiza), Linaclotide (Linzess). Higher dose for IBS with pain)
2. IBS-D (anticholinergics like dicyclomine, methscopolamine etc).
 - a. BAD – Bile acid diarrhea. 30-50% of IBS-D is BAD.
 - i. 3 types of BAD
 1. With ileal resection or crohns
 2. Type 2 is primary and the one found in IBS with normal TI. Occurs due to defective feedback inhibition of bile acid synthesis. FGF19 inhibits bile acid synthesis. In IBS, there is deficient production of FGF19. (In Europe they do SeHCAT nuclear medicine test to diagnose)
 3. Occurs in post cholecystectomy, post vagotomy, bacterial overgrowth, pancreatic insuff.
 - b. Treatment of BAD from IBS (type 2) is colestipol, cholestyramine
3. IBS pain management : IBS pt have visceral hypersensitivity (called allodynia) Use of SSRI, low dose tricyclic antidepressants.
4. Always rule out sprue.
5. Try lactose free diet
6. Try fructose free diet (as common as lactose intolerance) Fructose (from fruits) is better tolerated if glucose is ingested at same time. Reason – GLUT2 gets activated by glucose and then it can absorb fructose
7. Resistant cases – trial with gluten free diet to treat NCGS (non celiac gluten sensitivity).
8. FODMAP diet.
9. IBGard (peppermint oil shown to be effective in management of bloating symptoms for IBS
10. Rifaximin : Helps eliminate IBS symptoms if taken tid for 3 weeks.

FODMAP.

1. Mostly comprised of short chain carbohydrates. They fall in the category of PREBIOTICS.
2. Prebiotics are needed for colon health.
3. Prebiotics help with modulation of immune system and pain perception and lead to higher colonic bifidobacteria. Problem is Bifidobacteria produces gas and bloating. Thus prebiotics are needed. But it will cause gas and bloating too ! It is a catch 22.
4. FODMAP came from MONASH univ in Australia.

5. Use print out of FODMAP diet.
6. This is not the same as GFD (gluten free diet)

Other pearls

1. Genetic predisposition – genetic polymorphisms with TLR9, CDH1, IL-1BS
2. Stress disorder before age of 14 usually. Can be physical, surgical, sexual or emotional stress.
3. Post prandial diarrhea occurs due to enhanced gastrocolic reflex
4. They have altered ratio of Firmicutes and bacteroidetes.
5. Active listening and less talking on part of caregiver helps.