



QUICK GUIDE TO TREATING & MANAGING IBS-C



Irritable Bowel Syndrome with Constipation can be difficult to live with, but the good news is that symptoms can be managed and your condition can be treated. This graphic outlines a typical treatment path, though your journey will be unique to you.

BEGIN BY SEEKING PROFESSIONAL HELP

Don't manage your IBS-C alone! Visiting a doctor is the best way to get yourself on the road to better health. You may start with your general practitioner, but if you can see a specialist, look for a gastroenterologist.

OVER-THE-COUNTER MEDICATIONS

- Fiber supplements
- Laxatives
- Stool softeners
- Peppermint oil

DIETARY APPROACHES

- Track your diet to identify triggers
- Include soluble fiber (If you illustrate this, you can show oats, barley, peas, oranges, carrots and beans)
- Low-FODMAP diet to develop a sustainable eating plan
- Limit or eliminate caffeine & alcohol
- Eat intentionally, without distractions or rushing
- Keep a sensible eating schedule
- Avoid overeating
- Stay hydrated, typically with 8-12 cups a day

PRESCRIPTION MEDICATIONS

Some of the most commonly prescribed medications for treatment of physical IBS-C symptoms and related depression and anxiety include:

- Linaclotide (Linzess)
- Plecanatide (Trulance)
- Tenapanor (Ibsrela)
- Lubiprostone (Amitiza)
- Antispasmodics
- Selective serotonin reuptake inhibitors
- Antidepressants

MENTAL & PHYSICAL TECHNIQUES

- Cognitive Behavioral Therapy to manage stress and anxiety
- Biofeedback to train your body to have better bowel control
- Mindfulness, yoga, meditation for symptom reduction and improved peace of mind

For more information,
visit NAFC's IBS-C web
page at **NAFC.org/IBS-C.**