

# Irritable Bowel Syndrome (IBS):

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## HEALTHCARE CLINIC HOURS:

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

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## PHARMACY HOURS:

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## April is IBS Awareness Month

Irritable bowel syndrome (IBS) is a gastrointestinal disorder that affects up to 15% of North American and European populations. IBS affects women 2 times more than men but IBS is not limited by age as it affects both younger and older populations. The cause of IBS is still not fully understood; however, IBS likely relates to dysfunction in the nervous system and motor function of the intestines from many different changes in how it processes signals. Genetics, factors of gut movement, inflammation, infections of the large intestine, irritation to local nerves, stress, and other psychological factors all can influence the signaling process behind IBS. As a result of these influences, IBS can present as either diarrhea- or constipation-predominant that may have differing signs and symptoms.

### What are the signs and symptoms of IBS?

- ❖ Lower abdominal pain
- ❖ Abdominal bloating and distension
- ❖ Psychological symptoms (e.g. Depression, anxiety)
- ❖ Diarrhea symptoms (greater than 3 stools/day)
- ❖ Constipation symptoms (less than 3 stools/week, straining, feeling of incomplete evacuation)
- ❖ Extreme urgency
- ❖ Passing mucus in stool
- ❖ Fatigue

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### When should you see your doctor?

- ❖ Chronic or recurrent abdominal pain for more than 6 months and at least 2 of the following symptoms:
  - Abdominal pain relieved with bowel movement
  - Abdominal pain related to increased frequency of bowel movements
  - Abdominal pain related to looser stools
  - Abdominal bloating or distension
  - Feeling of incomplete evacuation after bowel movement
  - Mucus in stool
- ❖ Recurrent abdominal pain or discomfort at least 3 days per month in last 3 months that is related to at least two of the following symptoms:
  - Relieved with bowel movement
  - Related to a change in frequency of bowel movements
  - Related to change in appearance of stool (normal to loose, normal to hard)

## WHAT YOU CAN DO TO HELP

### 1. Fiber Intake

- ❖ Goal: 25g/day
- ❖ Foods high in fiber:
  - Fruits
  - Vegetables
  - Grains

### 2. Avoid Problem Foods

- ❖ Alcohol
- ❖ Chocolate
- ❖ Caffeinated beverages
  - Coffee
  - Soda
- ❖ If Gas is a problem avoid:
  - Beans
  - Cabbage
  - Cauliflower
  - Broccoli



### 3. Eat at Regular Times

- ❖ Don't skip meals
- ❖ Eating at the same time can help regulate gut function

- ❖ If you have symptoms of diarrhea, try eating smaller, frequent meals
- ❖ If you have symptoms of constipation, try eating foods high in fiber

### 4. Drink Plenty of Water and Exercise

- ❖ Drink Water and avoid alcohol and caffeinated drinks
  - They can cause diarrhea symptoms to get worse
  - Carbonation can produce excess gas
- ❖ Exercise is very important it can:
  - Reduce stress and depression
  - Stimulate gut motility
  - Makes you feel GOOD!



Medications for the Treatment of IBS			
Constipation Symptoms			
Bulk-forming Laxatives	Drug Name	How it works	Side Effects/Comments
	<b>Psyllium</b> (Metamucil ®)  <b>Methylcellulose</b> (Citrucel ®)	Absorbs water in the gut, which starts gut movement and reduces the amount of time food stays in the gut	<ul style="list-style-type: none"> <li>Gas or Stomach cramping</li> <li>Must be taken with a full glass of water or other liquid (8 ounces) Start low and go slow</li> </ul>
<b>Serotonin Receptor Stimulator</b>	<b>Tegaserod</b> (Zelnorm ®)	Acts on the serotonin receptors in the digestive system to release serotonin, which leads to increased gut secretions and movement in the gut	<ul style="list-style-type: none"> <li>Headache, abdominal pain, diarrhea, nausea, flatulence</li> <li>Take on an empty stomach 30 minutes before meals</li> <li>Used for females younger than 55 years of age</li> <li>Dose: 6mg by mouth twice daily</li> </ul>
<b>Chloride Channel Activator</b>	<b>Lubiprostone</b> (Amitiza ®)	Acts on chlorine channels in the body , which leads to increase gut fluid secretions and movement in the gut	<ul style="list-style-type: none"> <li>Headache, abdominal pain, nausea, and diarrhea</li> <li>Take with food and water.</li> <li>Used for females older than 18 years of age.</li> <li>Dose: 8mg by mouth twice daily.</li> </ul>
Diarrhea Symptoms			
<b>Anti-diarrhea Agents</b>	<b>Loperamide</b> (Imodium ®)	Acts on gut muscles to slow down movement in the gut and increase the amount of time it takes for food to leave the gut	<ul style="list-style-type: none"> <li>Constipation and nausea</li> <li>Will reduce diarrhea symptoms but will not affect abdominal pain</li> </ul>
<b>Serotonin Receptor Inhibitor</b>	<b>Alosetron</b> (Lotronex ®)	Blocks the actions of gut receptors leading to decrease gut secretions and increase the amount of time it takes for food to leave the gut Reduces pain, discomfort, urgency and diarrhea	<ul style="list-style-type: none"> <li>Constipation, fatigue and headache</li> <li>Used only in females</li> <li>Dose: 0.5mg by mouth twice daily for 4 weeks. Can increase to 1mg twice daily after 4 weeks</li> <li><b><u>CANNOT be used in patients experiencing constipation</u></b></li> </ul>
Pain Symptoms			
<b>Antispasmodic</b>	<b>Dicyclomine</b> (Bentyl ®)	Blocks the actions of receptors in the gut leading to decreased gut secretions and movement in the gut	<ul style="list-style-type: none"> <li>Dizziness, dry mouth, nausea, blurred vision, and urinary retention</li> <li>Take in anticipation of predictive pain or 30 minutes before a meal</li> <li>Dose: 20mg by mouth four times a day may increase dose to 40mg four times a day after a week</li> </ul>

## References

1. Psyllium, methylcellulose, tegaserod, lubiprostone, loperamide, alosetron, dicyclomine. In: Lexi-Comp Online [AUHSOP Intranet]. Hudson, OH: Wolters Kluwer Health/Lexi-Comp, Inc. [updated Feb 4, 2016, cited 2016 Mar 23]. [about 10p.]. Available from [http://online.lexi.com/lco/action/doc/retrieve/docid/patch\\_f/7253](http://online.lexi.com/lco/action/doc/retrieve/docid/patch_f/7253)
2. Kumar AR and Sharma N. Irritable Bowel Syndrome: a Review. J Phys Pharm Adv. 2012, 2(2):97-108.
3. Irritable Bowel Syndrome. (2014, July 31). Retrieved March 22, 2016, from <http://www.mayoclinic.org/>
4. Fabel PH and Shealy KM. Diarrhea, Constipation, and Irritable Bowel Syndrome. In: DiPiro JT, Talbert RL, Yee GC, Matzke GR, Wells BG, Posey LM, editors. Pharmacotherapy: A pathophysiologic approach. 9<sup>th</sup> ed. New York: McGraw-Hill Medical; c2011. Chapter 23.



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## State Wellness Center

101 S. Union Street  
Montgomery, AL 36104

All active employees, covered spouses of active employees, non-Medicare retirees and covered non-Medicare spouses of retirees that use the State Employees' Health Insurance Plan (Group 13000) as their primary insurance plan are eligible for a wellness premium discount. Each wellness plan year is November 1 through October 31.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the patients located in Montgomery. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

## State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

### Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management