SIBO Symptomatic Relief Suggestions

**Bloating (with or without pain)**
Activated Charcoal (absorbs gas): up to 2 every 2-3 hours, away from meals/supplements/medicines, if possible (absorbs nutrients too). *Note: can cause constipation and darkened stool*
Simethicone- “Gas X” (breaks bubbles, does not remove gas) - follow label dosing
Medical Futures ‘Iberogast’- 20 drops with meals or as needed, &/or 20-60 drops at bed

**Pain**
Antispasmodics/ muscle relaxants- follow label dosing
  - Enteric coated Peppermint Oil/ IBgard (or Peppermint Tea if pain is high up)
    
    *Caution: can cause/worsen acid reflux*
  - Kava Kava, Black Cohosh

**Position**
- Lie face down – to allow for easier upper gas release through burping

Medical Futures ‘Iberogast’- 20 drops with meals or as needed

*Note: Anti inflammatories such as NSAID’s usually don’t work for this type of pain*

**Constipation**
Magnesium Citrate or Oxide (osmotic laxative- draws water into intestine)
  - 500-2000 mg/night, start lower, (1000 is a common effective dose)

*Note: Mg dosing is finicky & may need to be adjusted, effect may take 2 days*

Medical Futures ‘Iberogast’- 20 drops with meals or as needed, &/or 20-60 drops at bed

Increase Fat Intake (Large Intestine motility is increased by fat)
  - Butter, oil, fatty meats/skin, egg yolks, Homemade 24-hour yogurt from cream or ½ & ½

Increase Insoluble Fiber Intake (less likely to cause gas)
  - Nut flour/butters, peas, green beans
  - Supplement: Cellulose from Nutricology, Allergy Research Corp, Vital Nutrients

*Caution: fiber may irritate the intestines*

Probiotics
  - Homemade 24-hour yogurt
  - Real fermented sauerkraut juice or other fermented vegetable juice
    ‘SCDophilus’, Custom Probiotics ‘11 strain’, Innate Flora ‘50-14’

*Note: avoid FOS, GOS, MOS, Inulin & Arabinogalactan as a main ingredient with mg listing; may be Ok in the base ingredients due to the tiny amount*

Warm Water in morning, drunk slowly (stimulates gastro-colic reflex/ large intestine)

Combination: upon arising take liquid Cod Liver Oil & Probiotic with Warm Water

Increase Potassium intake (retains water in the stool)
  - Fresh homemade juice of cucumber/tomato/carrot…
  - Avocado, banana, homemade 24 hour Yogurt, winter & summer squash
  - Meats/Poultry/Fish (& their slow cooked broth)

Stool softeners - follow label dosing

Water or Saline Enema - follow label dosing

Glycerin Suppositories - follow label dosing
SIBO Symptomatic Relief Suggestions

Diarrhea
Electrolyte replacement
Homemade WHO recipe: 8oz water, ¼ tsp salt, ¼ tsp baking soda, 1 Tb honey/dextrose/sugar, ¼ c orange juice (or Carrot, Pineapple, Papaya). Can be made without juice if not on hand.
Supplement: SOS Rehydrate packets
Prepared: Pedialyte Unflavored
Probiotics
Homemade 24-hour yogurt from milk (protein firms stool)
Real fermented sauerkraut juice or other fermented vegetable juice
Note: avoid FOS, GOS, MOS, Inulin & Arabinogalactan as a main ingredient with mg listing; may be Ok in the base ingredients due to the tiny amount
Increase Insoluble Fiber Intake
Nut flour/butters, peas, green beans
Supplement: Cellulose from Nutricology, Allergy Research Corp, Vital Nutrients
Caution: fiber may irritate the intestines
Activated Charcoal
Short term use, absorbs H2O (& nutrients)
Up to 2 every 2-3 hours, away from meals/supplements if possible
Note: can cause constipation and darkened stool
Bismuth subsalicylate- ‘Pepto-bismol’, follow label dosing, short term use
Possible side effects: constipation, blackened stools and/or tongue, Tinnitus
Imodium, follow label dosing
Avoid/careful with fats (ex. egg yolks), fruit, veggies

Nausea &/or Food Sits in Stomach
Ginger- follow label dosing. Capsules, tincture or tea.
Medical Futures ‘Iberogast’- 20 drops with meals or as needed

Acid Reflux
Immediate relief: ½ - 1 tsp baking soda in glass of water
Medical Futures ‘Iberogast’- 20 drops with meals or as needed
Liquid herbal bitters ‘Swedish bitters’ before meals- follow label dosing
Apple Cider Vinegar: 1Tb in glass of water before meals
Betaine HCl capsules: 1 at the start of protein containing meals (may increase to 10)
Caution: Discontinue if heaviness or burning occurs & treat with baking soda

General/ Indigestion
Medical Futures ‘Iberogast’- 20 drops with meals or as needed
Digestive Enzymes (with brush border enzymes) - follow label dosing
Betaine HCl with Pepsin, Bitters or Apple Cider Vinegar (see dosing above- under “Reflux”)
Colostrum – follow label dosing. ‘Symbiotics’ (lactose free)
Probiotics- see Constipation section

Dr. Allison Siebecker, www.siboinfo.com, Nov 2015