



# SIBO Treatments In Pregnancy, Lactation, Pediatrics

---

## Pregnancy

- ❖ Safest: Allicin // LDN, Iberogast, Ginger
- › Safe for pregnancy: [Allicin](#), [Low Dose Naltrexone \(LDN\)](#), [Iberogast](#), [Ginger](#) (up to 2,000mg)
- › Not recommended (per label): Berberine, Oregano, Neem, Cinnamon, Motil Pro
- › Category B: Metronidazole, Erythromycin- at Antibiotic Dose (a 15x higher dose vs Prokinetic Dose)

Cat B: “Animal reproduction studies have failed to demonstrate a risk to the fetus and there are no adequate and well-controlled studies in pregnant women.”

- › Prucalopride- [European info](#) is analogous to US Category B
- › Category C: Rifaximin

Cat C: “Animal reproduction studies have shown an adverse effect on the fetus and there are no adequate and well-controlled studies in humans, but potential benefits may warrant use of the drug in pregnant women despite potential risks.”

- › Category D: Neomycin

Cat D: “There is positive evidence of human fetal risk based on adverse reaction data from investigational or marketing experience or studies in humans, but potential benefits may warrant use of the drug in pregnant women despite potential risks.”

## Lactation

- ❖ Safest: Allicin, Rifaximin, Neomycin // LDN, Iberogast, Ginger
- › Safe: Allicin, Iberogast, Ginger (we have used Berberine & Oregano at 8+ months lactation safely)
- › Not Recommended (per label): Berberine, Oregano, Neem, Cinnamon, Motil Pro
- › Low Secretion in Milk: [Rifaximin](#), Neomycin ([clinically insignificant/ very low](#)), [Erythromycin](#)
- › Unknown: Prucalopride ([no anticipated effects, lack of human data](#))
- › Secreted In Milk: [Metronidazole](#)

## Pediatric

- › Rifaximin: [10-30mg/kg x 7-14 days](#) (30mg showed better results), or [200mg 3xday](#)
- › Neomycin: ½ adult dose- 250mg 2xd x14 days, or [50mg/kg 3xd](#)
- › Metronidazole: [30 to 50 mg/kg/day orally in 3 divided doses, Maximum dose: 2.25 g/day](#) (we haven't used it)
- › Herbs- Allicin, Biocidin, Berberine: ½ adult dose (or ¼ dose if very young/low weight)
- › Prucalopride: [0.01mg/kg](#), [if > 50kg use adult dose of 0.5mg/night](#)
- › Low Dose Erythromycin: [1-3mg/kg body weight](#), typically 25mg/night
- › Low Dose Naltrexone: [0.1 mg/kg body weight](#), or ½ adult dose (adult dose = 1-5mg)
- › Iberogast: 10-30 drops/night
- › Safety Unknown: Oregano, Neem Powder (Neem [Oil is unsafe](#)), Cinnamon, Motil Pro  
(we have used Neem Powder capsules at ¼-½ adult dose in 7+yo safely)