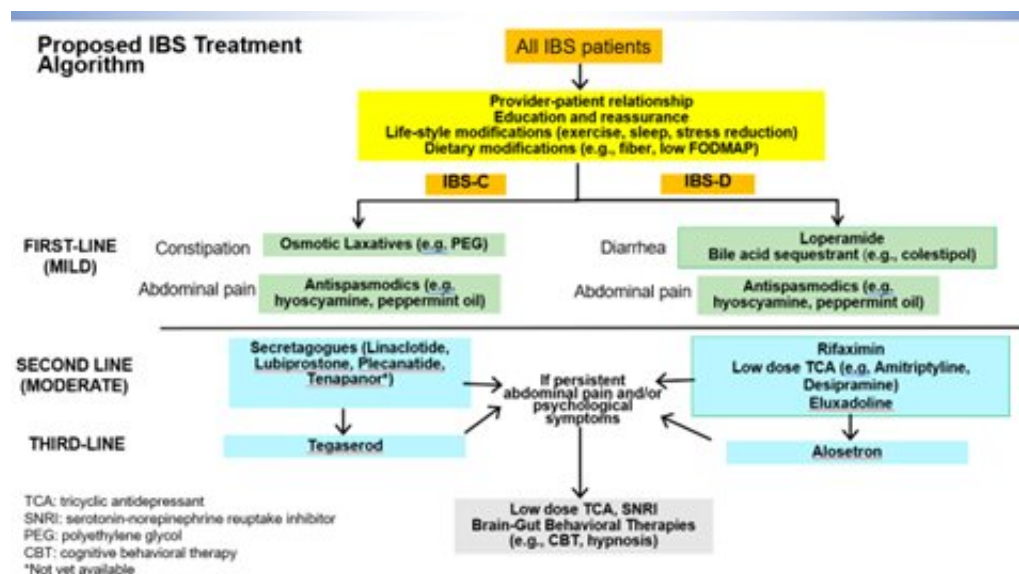


New clinical guidelines issued outlining drug treatment plans for patients with irritable bowel syndrome (IBS)

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Credit: American Gastroenterological Association

New treatment guidelines released today in *Gastroenterology* outline a personalized approach for treating patients with approved drug treatments for irritable bowel syndrome (IBS) with constipation (IBS-C) or IBS with diarrhea (IBS-D). IBS is one of the most common disorders of both intestines, affecting up to 35 million Americans.

The guidelines outline, for the first time, when to use newly introduced

IBS drugs, when to rely on old drugs approved by the FDA and when to use over-the-counter drugs. With more treatments available, physicians can tailor a personalized approach based on the symptoms a patient with IBS is experiencing.

"We have so many [treatment options](#), we can now take a targeted treatment approach to patient symptoms," says author Shahnaz Sultan, MD, AGAF. "It's very important for patients to be open about their IBS symptoms and just as important for gastroenterologists to set realistic expectations for this chronic disease to ensure the best quality of life for their IBS patients."

More information: Lin Chang et al, AGA Clinical Practice Guideline on the Pharmacological Management of Irritable Bowel Syndrome With Constipation, *Gastroenterology* (2022). [DOI: 10.1053/j.gastro.2022.04.016](#)

Anthony Lembo et al, AGA Clinical Practice Guideline on the Pharmacological Management of Irritable Bowel Syndrome With Diarrhea, *Gastroenterology* (2022). [DOI: 10.1053/j.gastro.2022.04.017](#)

Provided by American Gastroenterological Association

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