

DIARRHEA PREDOMINANT IBS (IBS-D)

Understanding the Link Between IBS and IBS-D

Although IBS is common in the general population, few seek medical care for their symptoms.

There are several types of Irritable Bowel Syndrome (IBS) including; Irritable Bowel Syndrome Constipation predominate (IBS-C), Irritable Bowel Syndrome Alternating type (IBS-A) and Irritable Bowel Syndrome Diarrhea predominate (IBS-D). This resource is intended to help educate patients on what IBS-D is, causes and symptoms.

01 | What is IBS-D?

Diarrhea predominant irritable bowel syndrome (IBS-D) is a subtype of IBS in which the primary symptom consists of frequent abdominal pain and urgent episodes of diarrhea. Gas and bloating are common symptoms as well. It is estimated that approximately one third of IBS patients can be classified as having IBS-D.

02 | Causes

Although there is uncertainty of the main cause for IBS, there are several factors that can lead to IBS-D including:

- **Bacterial infection** – IBS-D can be caused after having a serious stomach or intestinal infection like salmonella or campylobacter, which can be found in tainted food or water.
- **Digestive system problems** – Normally intestines gently contract, or squeeze and relax, to move food from the stomach to the bowels. However, rapid or sudden intestinal movement can cause pain and bowel disruption.
- **Food sensitivities** - Certain foods trigger symptoms in many people with IBS. For IBS-D sufferers, food sensitivity and/or allergies can trigger more frequent episodes of diarrhea.
- **Sensitive intestines** - People with IBS-D may be more sensitive to normal movement in the intestines.

- **Hormonal unbalances** - High levels of certain chemicals and hormones can trigger bowel disruption.
- **Stress and anxiety** - People who are stressed or depressed are more likely to have IBS. These feelings can exacerbate symptoms.

03 | Symptoms

The main IBS-D symptoms are belly pain and diarrhea. IBS-D sufferers have loose or watery stools at least one-fourth of the time they have a bowel movement.

Additional symptoms include:

- Excess gas
- Sudden urges to go to the bathroom, especially after eating
- A need to go to the bathroom often
- Nausea
- A feeling of not being able to empty bowels
- Losing control of bowels

There are many treatment options for IBS-D; your Medical Provider can help to establish a roadmap for care. For additional IBS-D resources visit:

<http://www.mayoclinic.org/search/search-results?q=ibs%20with%20diarrhea>

Did You Know?

IBS Affects 10% to 15% of the U.S. Population

References

<http://www.webmd.com/ibs/guide/ibs-with-diarrhea-ibs-d>

<http://www.mayoclinic.org/medical-professionals/clinical-updates/digestive-diseases/better-agents-needed-irritable-bowel-syndrome-diarrhea>