Appendix
Diagnosis Flow Chart

Diarrhea-predominant IBS
Treatment options:
- Antibiotics
- Antidepressants
- Antidiarrheal medications
- Antispasmodics
- Complementary and alternative therapies
- 5-hydroxytryptamine 3 antagonists
- Probiotics

Mixed presentation IBS with alternating diarrhea and constipation
Treatment options:
- Antibiotics
- Antidepressants
- Antispasmodics
- Complementary and alternative therapies
- 5-hydroxytryptamine 4 agonists
- Over-the-counter laxatives
- Probiotics
- Selective C-2 chloride channel activator

Constipation-predominant IBS
Treatment options:
- Antibiotics
- Antidepressants
- Antispasmodics
- Complementary and alternative therapies

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*—Alarm features include anemia; rectal bleeding; nocturnal symptoms; weight loss; recent antibiotic use; onset after 50 years of age; and family history of colorectal cancer, inflammatory bowel disease, or celiac disease.
†—Rome III criteria are improvement with defecation, onset associated with a change in frequency of stools, and onset associated with a change in the form (appearance) of stools; criteria must have been met for the previous three months, with symptom onset at least six months before diagnosis.
§—Restricted use in the United States.
¶—Available only for emergency use through the U.S. Food and Drug Administration.