

What Is The Treatment?

Goals of treatment are aimed at:

- ✓ Correcting the underlying causes of SIBO
- ✓ Addressing any nutritional or vitamin deficiencies
- ✓ Treating the bacterial overgrowth

SIBO may be treated with antibiotics:

- ✓ *Rifaximin* is often used as a first line antibiotic
- ✓ Broad spectrum antibiotics

Probiotic supplementation:

- ✓ Probiotics are good bacteria consumed in pill form
- ✓ Probiotic rich foods

Dietary modifications:

- ✓ Low FODMAP diet:
 - Limit bacterial growth by consuming foods that contain easily fermentable and digestible sugars

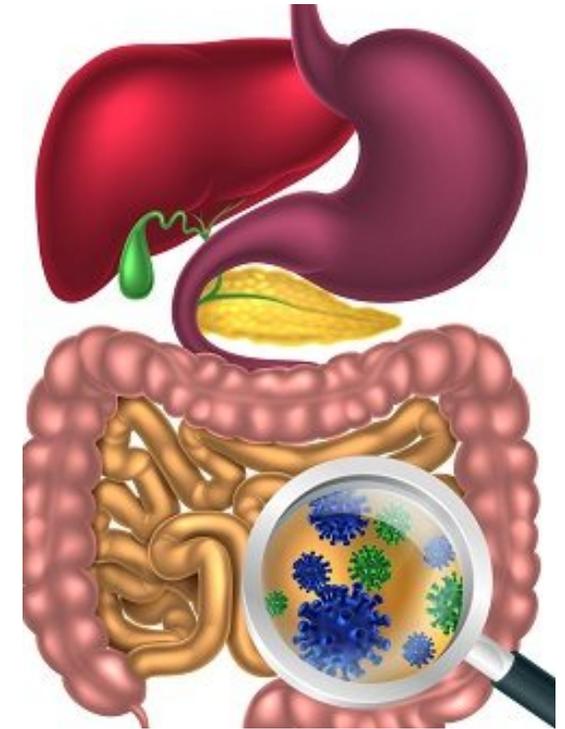
Points To Remember

- There is not one single bacteria type to blame in SIBO. Instead it is an overgrowth of different types of bacteria normally found in the large intestine.
- Common complaints include bloating, gas, and abdominal discomfort.
- In more severe cases, laboratory abnormalities are seen (B₁₂, Iron, Vitamin D deficiencies).
- Non-invasive breath testing is available in CTGI offices for diagnosis.
- Treatment approach is multifaceted with use of antibiotics, probiotics, and dietary changes.

Learn More About Small Intestine Bacterial Overgrowth

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Small Intestine Bacterial Overgrowth



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What Is Small Intestine Bacterial Overgrowth (SIBO) ?

- SIBO is a condition in which abnormal amounts of bacteria are present in the small intestine.
- The small intestine is approximately 20 feet long and connects the stomach to the large intestine.
- The primary function of the small intestine is to digest and absorb nutrients from food.
- Bacteria are a part of a healthy functioning small intestine.
- In SIBO, the small intestine becomes colonized by excessive bacteria more commonly found in the large intestine.

What Are The Symptoms?

There are multiple symptoms that may lead to the diagnosis of SIBO

Most common symptoms include:

- Bloating
- Gas
- Abdominal pain
- Diarrhea
- Constipation
- Nausea
- Vomiting
- Fatigue

Is SIBO Contagious?

NO. The bacteria causing SIBO are not passed between individuals.

Factors contributing to SIBO are complex and typically most patients have a predisposing health issue.

What Is The Cause Of SIBO?

- Pre-existing conditions can contribute to SIBO by altering methods the small intestine uses to maintain healthy balance
 - * **Anatomical Abnormalities**
 - Crohn's disease
 - Small intestinal diverticula
 - Bariatric surgery
 - * **Small Intestine Motility Disorder**
 - Celiac Disease (chronic)
 - Gastroparesis
 - Scleroderma
 - Narcotic use (chronic)
 - * **Metabolic Disorders**
 - Diabetes
 - * **Medications**
 - Recurrent antibiotic use
 - Acid blockers
 - Immunosuppressant medications
 - * **Organ Dysfunction**
 - Pancreatitis (chronic)
 - Renal failure
 - Immunodeficiency
 - Cirrhosis
 - Alcohol abuse
 - Malnutrition

Did You Know?

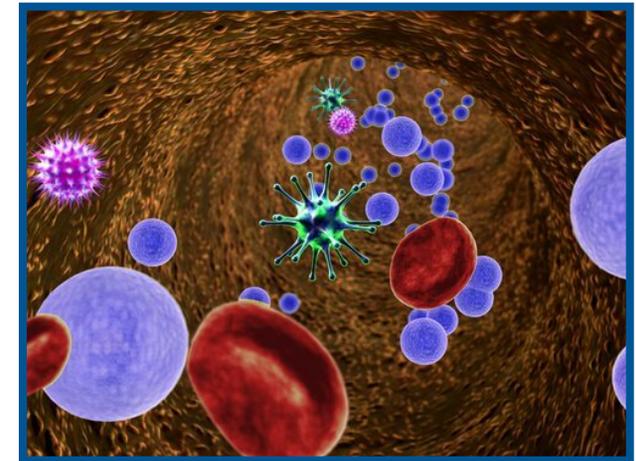
Bacteria in the small intestine feed upon carbohydrates from food. This produces hydrogen and methane gasses which can lead to bloating and other complaints.

Associated Complications

Prolonged overgrowth of bacteria can affect the absorption of nutrients by the small intestine

Malabsorption may lead to:

- Protein deficiencies
- Vitamin/Mineral deficiencies
- Electrolyte imbalance
- Poor absorption of fat
- Malnutrition
- Anemia
- Osteoporosis
- Weight Loss



How Is SIBO Diagnosed?

Diagnosis is often suspected and treated based on symptoms

Diagnosis is confirmed via a breath test:

- ➔ Dietary restrictions for 24 hours prior
- ➔ A special drink is administered during testing
- ➔ Breath samples are collected to measure gasses emitted from the mouth
- ➔ Testing duration is approximately 2-3 hours