Management of Irritable Bowel Syndrome with Constipation (IBS-C) in Adults (Primary and Secondary Care)


Medicines Management Team, NHS Wiltshire CCG

For patients who have had constipation for at least 12 months

- **Amber:** 1 month initiation for review at 4 weeks by telephone (secondary care) to assess efficacy
- Patient should be expected to have a decrease in symptoms of bloating and abdominal pain along with an increase in the number of spontaneous bowel actions each week
- Discontinue if there has been no improvement
- If there has been an improvement in symptoms, review again at 6 months
- NOTE: the maximum duration of treatment studied in clinical trials was 6 months and only 20% of patients responded after 12 weeks of treatment

Patient Advice for Linaclotide

- Women taking oral contraceptives should be warned to take extra precautions for the first TWO WEEKS of treatment
- Patients should be aware of the possibility of diarrhea during treatment, and to return to the GP if it is prolonged or severe

Patients should try a minimum of 4 weeks maintenance for all treatments in order to assess efficacy. If working at 4 weeks, review every 6 – 12 months.