

## **Medication: Psyllium**

### **What is Psyllium?**

Psyllium fiber – is a non-digestible, water-loving carbohydrate found in the outer layer of the psyllium seed. It can be used in IBS for both constipation and diarrhea facilitating a “Goldilocks” stool (not too hard, not too soft).

### **Availability:**

- Over the counter; no prescription required

### **Watch for:**

It is important to be aware of the side effects however, it is also important to remember that not all side effects occur in everyone. Many of the less serious side effects will improve over the first few days of taking the medication.

- Abdominal discomfort, bloating
- Constipation if not taken with enough liquid
- Breathing of psyllium dust may cause sensitivity

### **Benefit:**

- Usually about a week to notice a benefit

### **Stopping:**

- Can be discontinued without problem

### **Dosing Schedule:**

- Start with ½ – 1 tbsp (7.5 to 15 mL) daily
- Powder must be mixed in a glass of water or juice
- Drink at least 8 ounces of liquid with each dose
- Separate dose by at least 2 hours from other medication
- Increase to 1 tbsp (15 mL) 3 times a day as needed and as tolerated

### **Over the counter and herbal interactions:**

- None