

Medication: Psyllium (e.g., Metamucil)

For:

- IBS
- Helpful with both constipation and diarrhea
- “Goldilocks” stool (not too hard, not too soft)

Availability:

- Over the counter; no prescription required

Watch for:

- 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