

# Short chain soluble fibre in IBS: a randomized single-blinded study

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## Background

IBS is a functional bowel disorder in which abdominal discomfort or pain is associated with disordered defecation or a change in bowel habit  
 Patients can be subdivided according to stool consistency into three groups (according to Rome III criteria) :  
 -IBS with constipation (IBS-C);  
 -IBS with diarrhoea (IBS-D);  
 -IBS-mixed.  
 Fibre supplementation is recommended to patient with IBS and constipation because greater fibre intake results in softer and bulkier stools, thus promoting colonic peristalsis and improved defecation.  
 Soluble fibre increase hydration of stool output but also affect colonic function by stimulating bacterial growth, especially Bifidobacteria and Lactobacilli by fermentation of short-chain fatty acids.  
 It remains still controversial the real role of fibre in alleviating IBS symptoms and a consensus is still not reached.

## Aim of the study

To assess the impact of soluble fiber on the IBS-C symptom score and report all side effects potentially related to fiber intake



## Methods and Patients



Forty mild IBS-C patients (minimum age 18 years old ; genders both) have been enrolled into the study.



IBS Symptoms Frequency Questionnaire (IBS-SFQ) has been applied for patients selection, diagnosis and symptoms assessment at baseline and after fifteen days

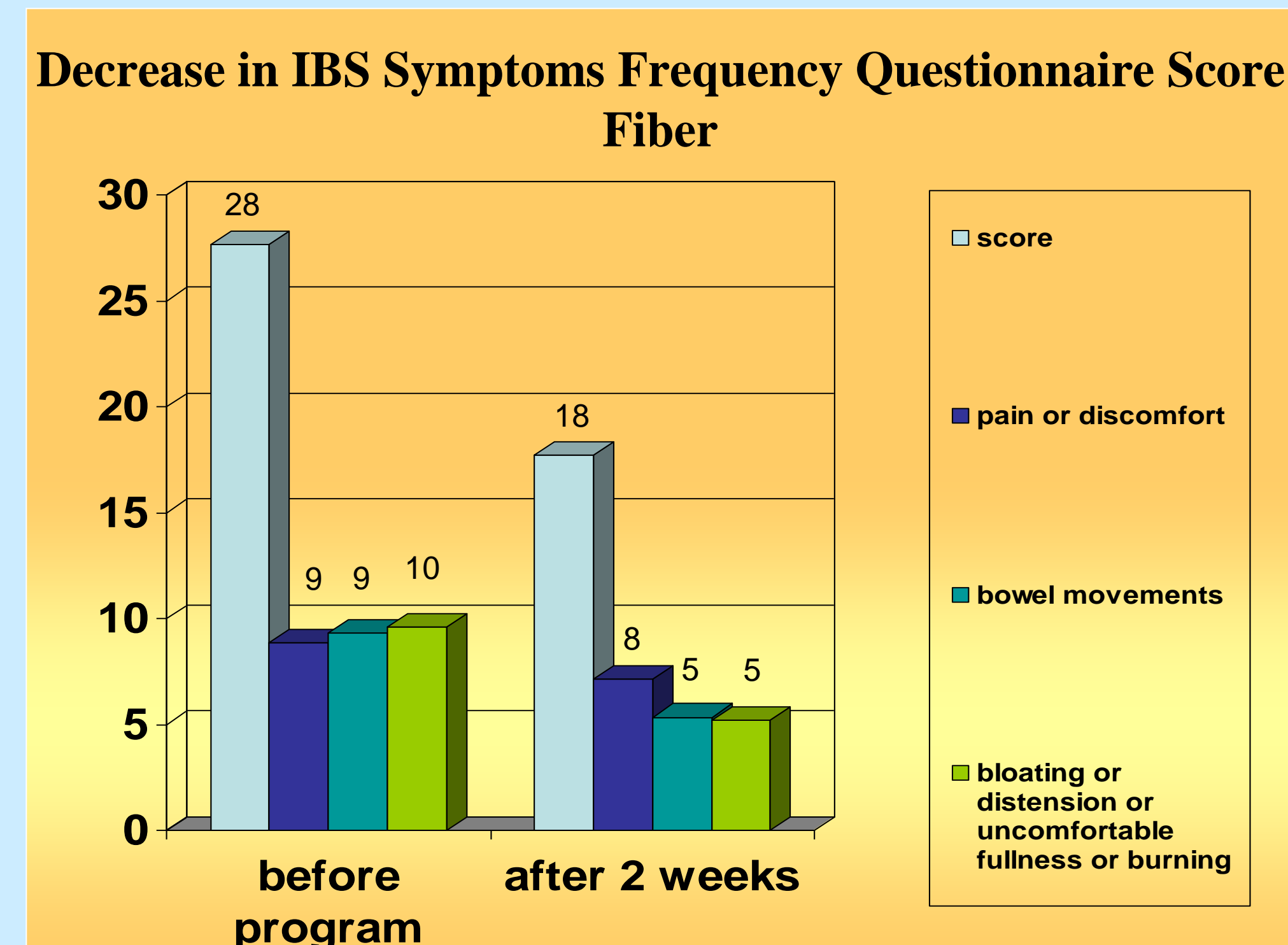
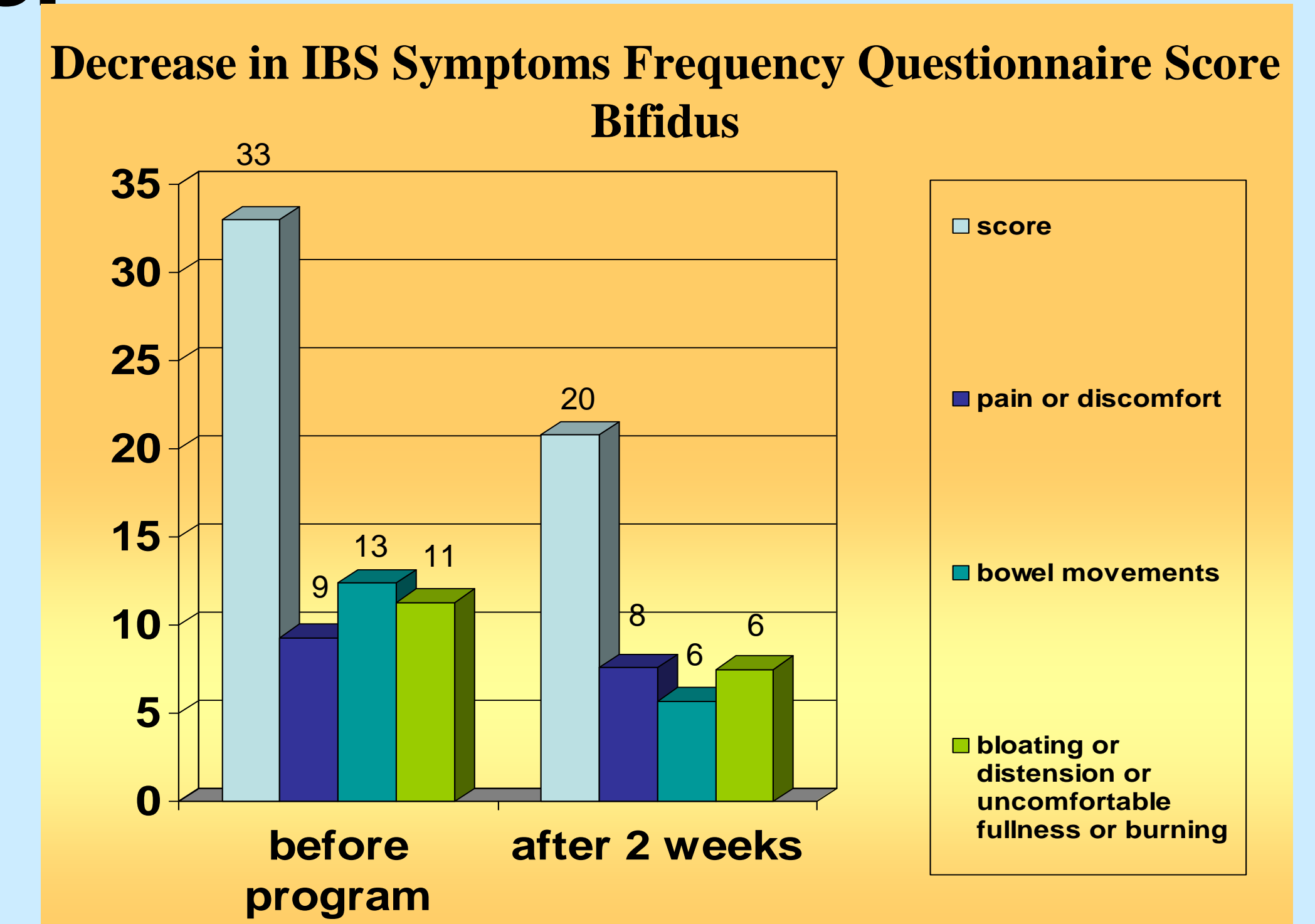


Patients have been randomized into two different groups:  
 -yogurt with 3 gr of soluble fibre twice daily  
 -yogurt twice daily

## Results

The prebiotics groups showed:  
 -a significant decrease in mean IBS-C symptoms at 15 days ( $p=0,0076$  ;  $p=0,0352$ ).  
 -Statistically significant improvement of individual secondary variables such as abdominal pain, bloating, stool frequency, stool consistency (all  $P < 0.015$ ).

All side effects potentially related to soluble fibre intake have been recorded. No side effects were reported except than a mild bloating.



## Conclusions

Prebiotics are significantly beneficial in treating IBS-C symptoms

