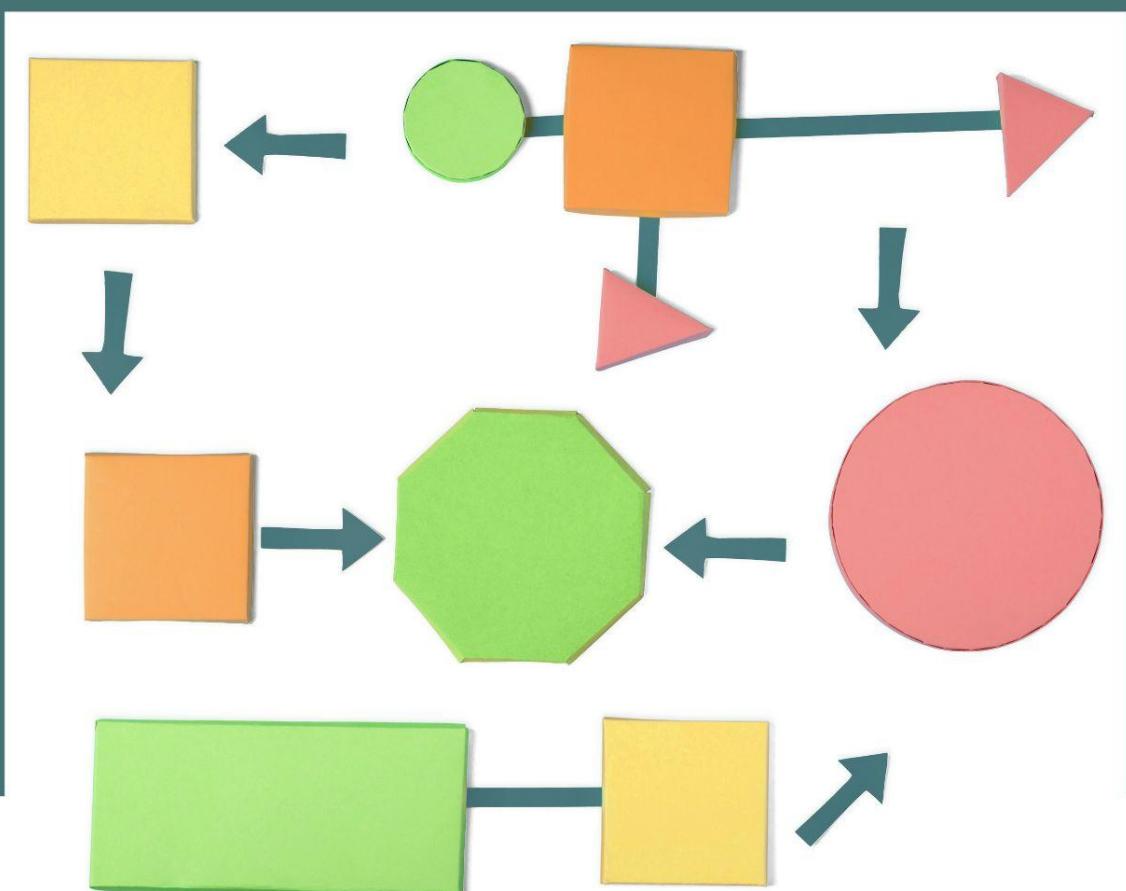
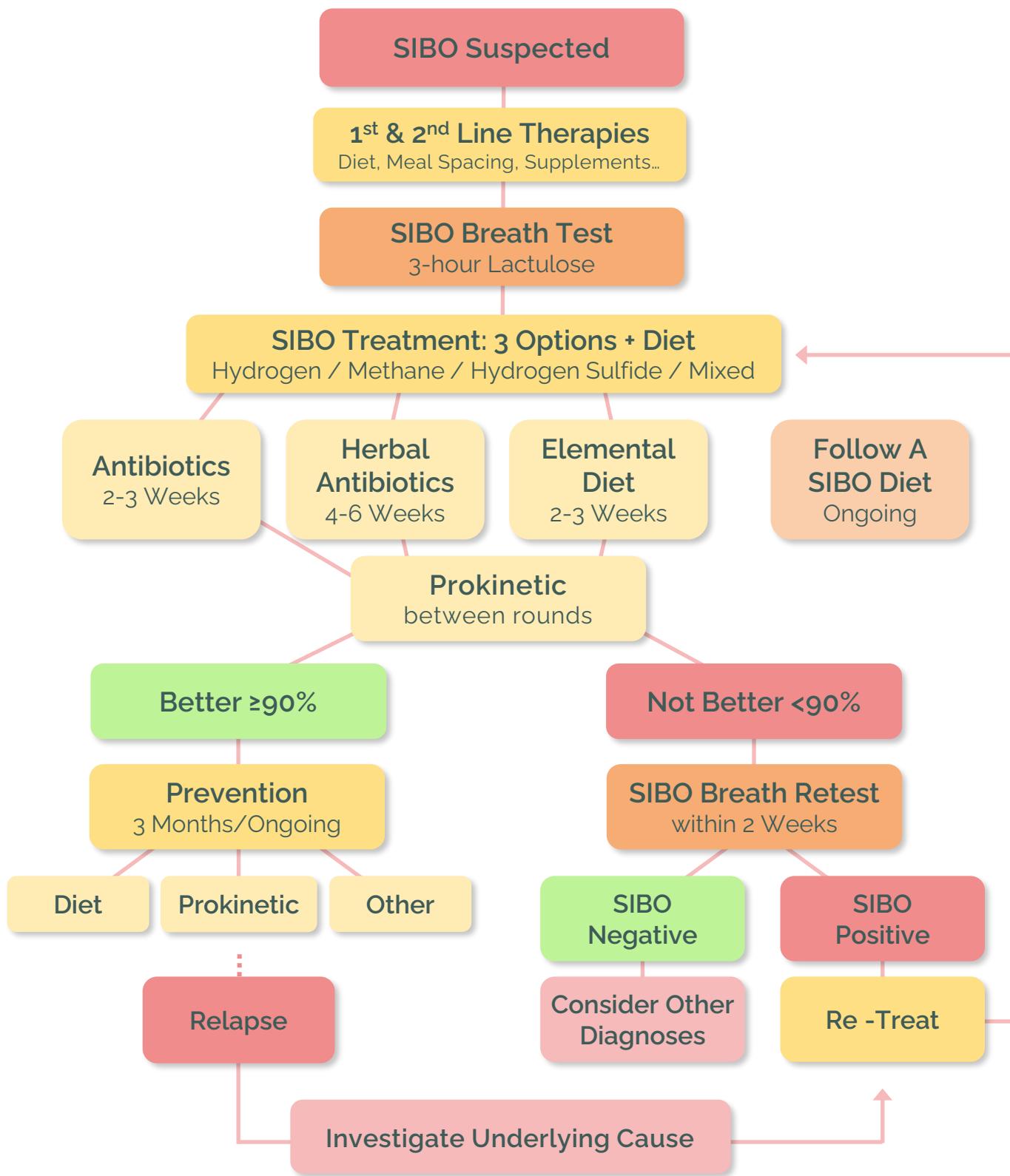


SIBO ALGORITHM



SIEBECKER & SANDBERG-LEWIS SIBO ALGORITHM¹

Variation of the Cedars-Sinai Protocol²



¹ Siebecker A, Sandberg-Lewis S. Small Intestine Bacterial Overgrowth: Often-Ignored Cause of Irritable Bowel Syndrome. Townsend Lett. 2013; (Feb/ Mar), p85-91.

² Pimentel M. A New IBS Solution: Bacteria - The Missing Link In Treating Irritable Bowel Syndrome. 1st ed. Sherman Oaks: Heath Point Press; 2006, p90.

How To Treat SIBO: Step-by-Step

Created by Drs. Siebecker and Sandberg-Lewis as a variation of Dr. Pimentel's IBS/SIBO algorithm, this step-by-step process explains how to treat SIBO successfully.

SIBO is suspected based on digestive [symptoms](#) and history.

1st and 2nd Line Treatments

Typically, before SIBO is diagnosed by testing, [digestive supplements](#) and [dietary changes](#) are tried to see if they can help symptoms.

SIBO Testing

If above treatments fail, [test for SIBO](#) to find out if it is the problem.

SIBO Treatment

Once SIBO is diagnosed, choose an antibacterial treatment based on gas type (hydrogen, methane, hydrogen sulfide or mixed gases). Options include:

[Pharmaceutical Antibiotics](#)

[Herbal Antibiotics](#)

[Elemental Diet](#)

SIBO Diet

A [SIBO diet](#) can be used at any point to help symptoms and later, to help prevent relapse.

Prokinetic

A [prokinetic](#) prevents backsliding between antibacterial treatment rounds, and helps prevent relapse, once SIBO is eradicated.

Assess SIBO Treatment Results

When symptoms are 90% better, focus on [prevention of relapse..](#)

If symptoms are less than 90% better, retesting SIBO is recommended to see if SIBO is still present and more treatment rounds are needed.

- A common mistake is assuming SIBO is still present if symptoms are still present. Retest SIBO to be sure symptoms are not from something else (see [differential diagnosis chart](#) for a list of conditions with similar symptoms to SIBO).

Find the Underlying Cause

If SIBO relapses, a) retreat with antibacterials, and b) investigate the underlying cause, because identifying and removing the underlying cause, when possible, can stop SIBO recurrence.