IBS-D: 10 QUESTIONS FOR YOUR DOCTOR

Q1 Why do I have irritable bowel syndrome with diarrhea (IBS-D)?

Q2 How do you know I have IBS-D and it's not something else?

Q3 What are the symptoms of IBS-D?

Q4 Why does stress seem to make my symptoms worse?

Q5 Does having IBS-D raise my risk for other health problems?

Q6 How is the condition treated? Can it be cured?

Q7 Could my diet be making my symptoms worse? What foods should I eat or avoid?

Q8 Could hypnosis or other complementary therapies help me control my symptoms?

Q9 Can probiotics help reduce my pain and bloating?

Q10 If I have this condition, will my child get it, too?

Reviewed by Brunilda Nazario, MD on 1/29/2016

Sources:
National Center for Complementary and Alternative Health: "Irritable Bowel Syndrome."
National Digestive Diseases Clearinghouse: "Irritable Bowel Syndrome."
Nee, J. *Current Treatment Options in Gastroenterology*, December 2015.
International Foundation for Functional Gastrointestinal Disorders: "Other frequently asked questions about IBS."

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