

BERGEN BRAINGUT STUDY: FUNCTIONAL BACTERIAL PROFILE IN PATIENTS WITH IRRITABLE BOWEL SYNDROME AND CHANGES FOLLOWING A STRICT 12-WEEK LOW FODMAP DIET

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Poster

Colorectal

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A 12-week low FODMAP diet in IBS patients significantly reduced symptom severity but paradoxically increased dysbiosis prevalence from 17.6% to 58.8%, with no detectable changes in functional bacterial profile despite 80% responder rate.

KEY POINTS

- Sixty Rome IV-confirmed IBS patients (mean age 38 years, 77% female) with moderate to severe symptoms and 42 healthy controls were studied using fecal microbiota analysis at baseline and after 12 weeks of strict low FODMAP diet.
- At baseline, dysbiosis prevalence was higher in IBS patients (24.6%) versus healthy controls (5.6%, $p = .023$), but no significant difference in functional bacterial profile was detected between groups.
- After 12 weeks, patients showed significant symptom reduction (IBS-SSS, $p < .005$) with 80% classified as responders (≥ 50 -point IBS-SSS reduction), yet dysbiosis prevalence increased significantly (baseline 17.6% to week 12 58.8%, $p < .001$).
- No significant changes in functional bacterial profile were observed from pre to post diet in responders, nor between responders and non-responders, despite clinical improvement.
- Functional bacterial profiles were assessed by GA-map Dysbiosis Test measuring 16s rRNA sequences of bacterial species including butyrate producers, mucosa protective bacteria, and pro-inflammatory species.

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