Summary: What happened to the patient?

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This case-based presentation demonstrated the stepwise management of a patient with refractory constipation evolving to IBS-C who required multiple therapeutic trials over 21 months before achieving symptom control.

KEY POINTS

- The speaker reported the patient failed sequential trials of psyllium (14g daily, discontinued due to worsened bloating and no bowel movement improvement) and macrogol (up to 40g daily, discontinued due to new abdominal pain despite slight stool consistency improvement).
- The patient was then reclassified as IBS-C and the speaker reported linaclotide 290 micrograms caused diarrhoea within 30 minutes, making even twice-weekly dosing intolerable.
- Prucalopride 2 milligrams daily improved constipation but not abdominal pain for one month before the effect wore off, according to the speaker.
- The speaker reported that combining prucalopride 2 milligrams daily with bisacodyl two to three times per week significantly improved bowel movements but provided little improvement in abdominal pain.
- The speaker added amitriptyline starting at 5 milligrams daily and titrating up to about 25 milligrams daily to specifically target abdominal pain, after which the patient was finally satisfied with all symptoms.
- The speaker stated the case required seven gastroenterological consultations and six different therapies over 21 months to achieve satisfactory symptom control.

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