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Summary

# INFORMED THERAPEUTIC MICROBIOME MODULATION FOR POST-INFECTIOUS IRRITABLE BOWEL SYNDROME: PILOT EXPERIENCE OF A MICROBIOME CLINIC

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**A pilot case-control study found that personalized microbiome-based treatment achieved 100% response rate in post-infectious IBS patients compared to 55% with empirical treatment.**

## KEY POINTS

- All 13 patients receiving personalized treatment based on 16S rRNA microbiome testing achieved treatment response (≥50-point decrease in IBS-SSS), compared to 11 of 20 (55%) controls receiving empirical treatment ($p<0.0001$).
- Personalized interventions included targeted antibiotics (rifaximin, neomycin-bacitracin, paromomycin) to suppress pathobionts or pre/probiotics to increase beneficial taxa based on individual microbial defects.
- Mean IBS-SSS score reduction was 167 points in the microbiome-guided group versus 74 points in controls ($p=0.001$), with significantly better outcomes in bowel habit satisfaction, bloating, and quality of life.
- The two groups were homogeneous at baseline and received similar treatment types and durations, differing only in whether interventions were microbiome-informed or empirically selected.
- This pilot study represents the first microbiome-based personalized approach to post-infectious IBS and suggests potential effectiveness of targeted microbial modulation.

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