

DOMINO TRIAL POST – HOC ANALYSIS: EVALUATION OF THE DIET EFFECTS ON SYMPTOMS IN IBS SUBTYPES

Jan Tack

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Poster

Colorectal

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Post hoc analysis of the DOMINO trial showed that smartphone app-based FODMAP-lowering diet improved IBS symptom severity across all subtypes in 222 primary care patients over 24 weeks.

KEY POINTS

- After 8 weeks, IBS symptom severity scores improved significantly in all subtypes ($p < 0.0001$) and remained improved at 24 weeks, with overall responder rates of 72% at 8 weeks and 70% at 24 weeks.
- Responder rates at 8 weeks varied by subtype: IBS-C 79%, IBS-U 74%, IBS-D 70%, and IBS-M 67%.
- Quality of life improved in IBS-D and IBS-M subtypes after 8 weeks, and by 24 weeks improvement was observed across all subtypes.
- Somatisation scores improved only in IBS-D patients at 8 weeks ($p < 0.05$) and this improvement was maintained to 24 weeks ($p < 0.0001$); depression and anxiety scores also improved in IBS-D by 24 weeks.
- The authors conclude that the app-based FODMAP dietary intervention should be considered first-line treatment for IBS in primary care.

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