

Prescription Medications for Treatment of SIBO

There are several common dosing regimens of rifaximin (brand name Xifaxan) used in adults and children. Most commonly, three times daily dosing is recommended.

Population	Dosage
Adults	400 mg TID for 10-14 days
Adults	550 mg TID for 10-14 days
Children	200 mg TID for 10 days
Children	10-30 mg/kg/d for 10 days

**Studies suggest 1,650 mg/day has increased efficacy without increased adverse events or resistance compared with 1,200 mg/day*

Treatment duration, with either rifaximin or an herbal antimicrobial protocol, depends upon the severity of SIBO as characterized on the breath test.

- Retest at the end of each treatment period. (Wait approximately two weeks after the completion of treatment prior to testing.)
- If both hydrogen and methane are elevated, use the treatment duration that corresponds to the highest value. For example, if hydrogen is 75 ppm and methane is 30 ppm, treat for 12 weeks.

RIFAXIMIN TREATMENT DURATION BASED ON LBT*

H2 level at 80/90 minutes	Sum of H2 levels at 80/90 minutes	Treatment Duration
<45 ppm	<160 ppm	4 Weeks
45-70 ppm	160-250 ppm	8 Weeks
>70 ppm	>250 ppm	12 Weeks

**Can be done at 1,200 or 1,650 mg/day*

DURATION BASED ON ELEVATED METHANE

Methane level	Treatment Duration
<25 ppm highest value before 120 min	30 Days
25-50 ppm highest value before 120 min	60 Days
>50 ppm highest value before 120 min	90 Days

RIFAXIMIN + NUTRACEUTICAL TREATMENT DURATION BASED ON LBT*

H2 level at 80/90 minutes	Sum of H2 levels at 80/90 minutes	Treatment Duration
<45 ppm	<160 ppm	2 Weeks
45-70 ppm	160-250 ppm	3 Weeks
>70 ppm	>250 ppm	4 Weeks

**Can be done at 1,200 or 1,650 mg/day*

Combination treatment consideration:

- Rifaximin dose is lowered to 1,200 mg/day.
- Less time may be required than indicated due to increased efficacy of combinations.
- Combination treatment can be more practical since it reduces the high cost of rifaximin.

COMBINATION PROTOCOL

Therapeutic agent	Dosage
Rifaximin	Depends on breath test results and adult versus pediatric dosing
Lauricidin	One scoop TID with meals
Interfase Plus	Three capsules BID on empty stomach
TerraFlora	One BID upon rising and before bed

Lactobacillus plantarum (optional) ¹	(Only if methane elevated) 10 billion CFU/d
Iberogast (optional) ²	(For GI motility) 20 drops TID w/meals
Ox bile (optional) ³	(Supports fat digestion and absorption) 100–500 mg w/each meal

1: if elevated methane

2: if constipation, diarrhea, and/or bile issues

3: if bile issues