

2025

IBS In America

Surveys of more than 2,000 patients with IBS and 600 health care providers reveal changes and consistencies in experiences, perceptions, and treatment over the past decade.

1,005 IBS-C patients **300** Primary health care providers
1,008 IBS-D patients **300** Gastroenterology providers

Patients’ ability to accurately predict symptoms remains elusive, impacting their personal and professional lives.

LESS THAN

1 in 3


feel they can very or extremely accurately predict whether they will experience symptoms today, **which hasn’t changed since 2015** (31% 2024, 29% 2015)


77% avoid situations where bathroom access is limited

72% feel their symptoms cause them to stay home more often

IBS symptom interference


IBS symptoms interfere with more than a week of productivity or personal activities every month.


**11** DAYS
per month of productivity at work/school


**8** DAYS
per month of personal activities

IBS symptom impact

IBS patients today are missing 1.5 more days of school/work per month compared to 2015

**2.1**
2015


**3.6**
2024



Living with IBS impacts patients’ personal identity and sense of self-fulfillment.


72%

don’t feel like themselves because of their symptoms




69%

say their symptoms make them feel like they’re not “normal”



69%

feel their symptoms prevent them from reaching their full potential/being successful



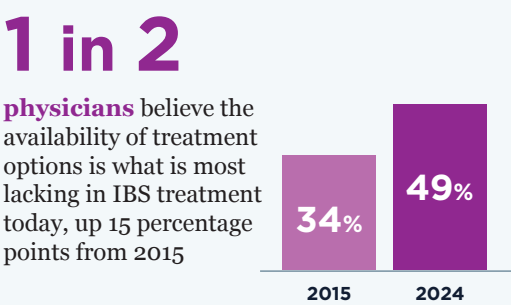
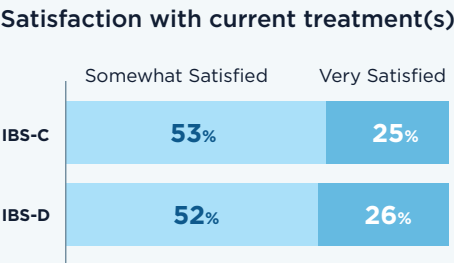
Modest satisfaction with treatment effectiveness and availability coupled with a patient-provider disconnect regarding Rx treatment highlights opportunities to improve patient quality of life.

Limited treatment satisfaction

ONLY

1 in 5

patients are very satisfied with their current treatment(s)



Rx treatment disconnect

60%

of both IBS-C and IBS-D patients who have tried FDA-approved Rx medications for IBS say they are among the most helpful treatments



However, patients report that HCPs predominantly recommend over-the-counter medication and lifestyle changes:

Patient-reported top recommended treatment by HCPs (among patients who have ever tried any treatment)

- IBS-C**
- Fiber **30%**
 - OTC Laxatives **26%**
 - Stool softeners **24%**
 - Exercise **24%**
- IBS-D**
- Diet changes **26%**
 - OTC upset stomach diarrhea meds **26%**
 - Probiotics **25%**

