

# Post-Antibiotic Gut Recovery Sorting Guide

Use this one-page guide if your gut feels different during or after antibiotics and you need to sort the next step before you start stacking products.

## Start Here

- Did symptoms begin during antibiotics or after the course ended?
- Is the main problem loose stools, bloating, food sensitivity, or something more severe?
- Are symptoms improving, staying flat, or getting worse?

## Get Medical Help Soon If

- diarrhea is bloody or black
- you have fever with diarrhea
- abdominal pain is severe or getting sharper
- vomiting or diarrhea is making it hard to stay hydrated
- diarrhea lasts more than 2 days as an adult
- diarrhea continues during or after antibiotics and is not settling

## Route By Your Main Question

| Main question  | Best next read  |
|--|---|
| What changed in the gut after antibiotics?             | Antibiotic-Induced Gut Dysbiosis  |
| Does prebiotic fiber fit me?                           | Prebiotic Fiber: What It Is, What It May Help, and When It Can Backfire |
| What category is this product actually in?             | Synbiotics, Probiotics, and Prebiotics: What Fits When                  |
| Should I compare live-microbe products more carefully? | Probiotics for IBS: Which Strains Actually Help                         |
| Are healthy foods or fibers making things worse?       | Why You Still Feel Bloating After Eating "Healthy" Foods                |
| I want the broader science layer first                 | Polyphenols and the Gut Microbiome                                      |

## Bottom Line

Antibiotics can disrupt the gut microbiome, but that does not make every fiber, prebiotic, or probiotic product the right next move. Sort symptom severity first, then sort the intervention category.