

Migraine and IBS Next-Step Router

Use this route card after you have noticed that migraine and IBS may be traveling together.

Start With Safety

Get medical help promptly for sudden worst headache, new neurological symptoms, fever with stiff neck, fainting, rectal bleeding, unexplained weight loss, persistent vomiting, anemia, fever, or severe new abdominal pain.

Choose by Dominant Pattern

If this dominates	Next route
IBS diagnosis is uncertain	SIBO vs IBS vs food intolerance
Abdominal pain feels amplified	Chronic visceral pain and gut-brain care
Stress and bloating rise together	Stress-bloating through the gut-brain axis
Anxiety or depression reinforces symptoms	IBS, anxiety, and depression
Urgency or fast transit dominates	Serotonin and IBS-D
Constipation dominates	IBS-C and low FODMAP
Probiotic claims dominate	Probiotic vs prebiotic, then probiotics for IBS
Migraine is changing or disabling	Clinician-guided migraine care

Key Reminder

Migraine and IBS overlap is a routing clue, not proof that one condition caused the other.