

Synbiotic Trial Checklist for Constipation

Use this before you spend money on another microbiome supplement.

1. Basics First

- I have already reviewed fluids, fiber strategy, movement, and bowel routine.
- I am not expecting a supplement to replace all first-line constipation care.
- I know whether PEG or another clinician-guided step already belongs in the conversation.

2. Product Check

- I know whether the product is a **prebiotic**, **probiotic**, or **synbiotic**.
- I checked the exact strains, not just the species names.
- I checked the added prebiotic ingredient, if there is one.
- I know whether inulin, FOS, or similar ingredients usually worsen my bloating.

3. Trial Rules

- I am starting only one product at a time.
- I have a plan to start low if I bloat easily.
- I will track the trial for about 4 to 8 weeks before judging it too quickly.

4. What to Track

- bowel movement frequency
- stool form
- straining
- incomplete evacuation
- gas, fullness, or distension
- pain or abdominal discomfort

5. Stop Signs

- I will stop if gas, fullness, pain, or distension clearly worsen.
- I will stop self-troubleshooting and seek care if I have bleeding, weight loss, vomiting, severe pain, or cannot pass stool or gas.

Quick Read

If the basics are still messy, fix those first. If the label looks good but the added prebiotic usually wrecks your gut, that matters. If the trial is helping stool form but not the bigger symptom picture, do not overstate the win.