

IBS-D Mechanism Routing Checklist

Use this one-page checklist to decide which article or conversation fits next.

If Food Still Looks Like the Main Driver

Go to: IBS-D and Low FODMAP

- ? Trial quality was inconsistent
- ? Caffeine, alcohol, fizzy drinks, or sugar alcohols are still in play
- ? Hidden ingredients may be confusing the pattern
- ? The diet is getting smaller instead of clearer

If Urgency and Fast Transit Still Dominate

Go to: Serotonin and IBS-D

- ? Loose stool and urgency remain the biggest daily burden
- ? Low-FODMAP changes helped only partly
- ? The question is whether bowel-speed or serotonin-linked treatment fits
- ? You need a clinician-guided medication conversation

If Pain Feels Louder Than the Bowel Event

Go to: Stress, Sex, and Chronic Visceral Pain

- ? Pain rises with stress, poor sleep, anticipation, or cycle timing
- ? Stool pattern improves but pain remains
- ? Symptom fear changes your plans
- ? You keep restricting food but pain does not shrink

If Symptoms Are Severe or Different

Get medical help rather than self-sorting if symptoms include:

- ? blood or black stool
- ? fever
- ? persistent vomiting
- ? unexplained weight loss
- ? severe new pain
- ? dehydration or fainting