

Prokinetics for maintenance of response after initial treatment of SIBO or IMO

Both Allison Siebecker, N.D. and Mark Pimentel, M.D. recommend the use of a prokinetic agent at bedtime to stimulate better MMCs (migrating motor complexes) in the small intestine during the overnight fast. This helps to maintain the benefit from the initial or subsequent rounds of antibiotic, herbal or elemental diet treatment of SIBO or IMO. The two most potent are prucalopride and erythromycin. Dr. Siebecker has also used low dose naltrexone or products containing ginger and some other products that contain ginger plus other herbal ingredients. Dr. Siebecker recommends that a prokinetic be used for at least 3 months to prevent early relapse, and both she and Dr. Pimentel have had many patients use these treatments chronically. Because the erythromycin is used at a very low dose, and just daily at bedtime, it is thought not to be necessary to instruct patients to have a drug holiday every few weeks as it would be necessary for higher dose, more frequent administration of erythromycin as used to treat gastroparesis.

Examples of prokinetics and doses are:

Prucalopride 0.5 mg as ¼ of 2 mg tablet or ½ of 1 mg tablet. This is available both from Canadian pharmacies and as the branded Motegrity product in the U.S.

Erythromycin either 50 mg as a compounded capsule or ¼ of a 250 mg tablet of erythromycin base or other form.

LDN or low-dose naltrexone. This is available from compounding pharmacies. The dose needed ranges from 2.5 up to 5 mg at bedtime. One example of a compounding pharmacy with a good price for this is Belmar Pharmacy in Colorado, tel 303-219-8625.

Ginger root capsules 1000-1100 mg. There are multiple suppliers for this that make 550 mg capsules.

Other herbal prokinetic products that Dr. Siebecker mentions in her podcasts are listed below. The dose is either 2 or 3 capsules at bedtime or as listed below. These are available from Amazon.com

- Motility Activator by Integrative Therapeutics
- MotilPro by Pure Encapsulations
- GI Motility Complex by Enzyme Science (1 capsule at bedtime)
- SIBO-MMC by Priority One