

# Information for People With IBS Video Transcript

Low dose amitriptyline. A safe, effective, well-tolerated option for second-line management of Irritable Bowel Syndrome.

IBS can be a real pain, literally. The cramps, the bloating, the bathroom trips...it's not easy. And sometimes the first treatments tried don't help.

But new research shows amitriptyline, a safe, commonly prescribed medicine, which has historically been prescribed by GPs for conditions like nerve pain and sleep problems, now has evidence that it can help people with IBS.

In the NHS funded ATLANTIS trial, over 460 people with persistent IBS symptoms tried either amitriptyline or a placebo tablet over six months and amitriptyline came out on top.

People taking amitriptyline reported feeling much better, with considerable improvements in their IBS symptoms compared to those taking the placebo.

Not only did they feel better physically, they also found amitriptyline easy to take and tolerate. Patients who experienced side effects said they were mild to moderate and manageable. They were also able to gradually adjust the dose to fit their changing IBS symptoms without repeated visits to their doctor.

Talk to your doctor about amitriptyline for IBS. This new research has shown that it is safe and can help improve overall symptoms and their impact on daily life for people with IBS.

For more information, visit the ATLANTIS Trial website.