



# Dose Titration of Amitriptyline for Irritable Bowel Syndrome

**You have been prescribed Amitriptyline to see if this will help you manage your Irritable Bowel Syndrome (IBS). During the first month of your treatment, you will need to work out the daily dose of amitriptyline that suits you best. This process is called 'dose titration.'**

Initially, you will start on one tablet each day in the evening for the first week. After this you will decide whether to stay on one tablet or increase to two tablets at night for the second week. You will do this by considering whether your IBS symptoms have stayed the same, improved, or worsened by the medication, and whether you are experiencing any side-effects.

The medication can be further increased to three tablets at night in the third week. This will again depend on your response to the tablets.

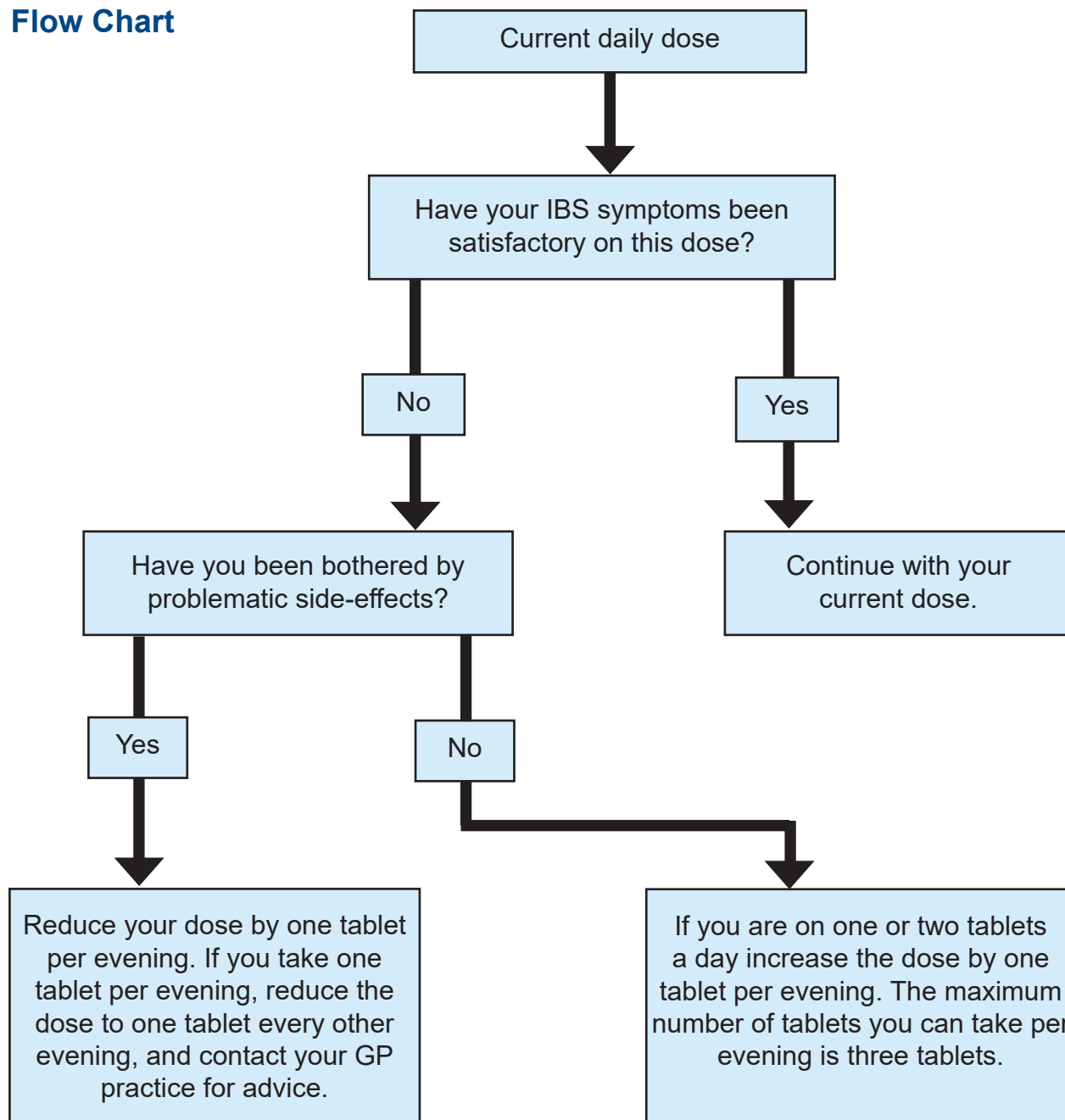
If you forget to take a dose at any point, you should miss this dose and continue as normal the next day.

You can contact your GP practice for an appointment if you have any questions or concerns about taking amitriptyline.

- This medicine can be taken with or without food.
- Swallow the tablets with a drink of water. Do not chew them.
- This medicine may increase the sedative effect of alcohol; avoiding alcohol is recommended. This medicine may cause drowsiness and dizziness, especially at the beginning of the treatment. Do not drive or work with tools or machinery if you are affected.
- If you chose to increase your tablets to three each evening but then feel that this increased dose doesn't suit you – you can choose to reduce back to two tablets each evening.
- We know that IBS symptoms can vary from day to day – so it might take a week or longer to know if increasing the dose has had an effect on your IBS symptoms.
- We do not recommend very frequent changes in medication dose; try at least 1 week on a new dose before changing again.
- You should not increase to more than three tablets per evening without discussing this with your GP, Advanced Nurse Practitioner, or pharmacist.

If at any point you have questions about what dose you should take, or any concerns surrounding side-effects of the treatment, please contact your GP practice for an appointment with your GP, Advanced Nurse Practitioner, or pharmacist.

## Flow Chart



## We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website: [www.wihb.scot.nhs.uk/feedback](http://www.wihb.scot.nhs.uk/feedback) or share your story at: [www.careopinion.org.uk](http://www.careopinion.org.uk) or tel. 0800 122 31 35
- tel. 01851 708069 Monday-Friday between 9am-5.30pm.

Version: 1

Date of Review: September 2026

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### Disclaimer

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