

### **Supplemental Figure Legend**

Panel A: Physician non-prescription recommendations. Note that recommendation was defined as answering “always” or “most of the time” to the question: “How often do you recommend the following prescription/OTC treatments to your IBS-D/IBS-C patients?” (1 = never, 2= rarely, 3 = sometimes, 4 = most of the time, 5 = always)

Panel B: Physician prescription recommendations

## Supplementary Methods

Patient and physician respondents were recruited from all 50 states. Patient respondents were excluded if they met criteria for mixed IBS, reported having been diagnosed with ulcerative colitis, Crohn's disease, celiac disease, colon cancer, stomach cancer or other cancer of the gastrointestinal tract.

Treatment utilization by IBS individuals was assessed using the question: "Have you ever tried any of the following to manage your gastrointestinal symptoms?" Individuals answering "yes" to having tried a particular therapy were then asked "How satisfied are/were you with each treatment?" using a 5 point Likert scale ranging from "very dissatisfied" to "very satisfied" (1 = very dissatisfied, 2 = somewhat dissatisfied, 3 = neither satisfied nor dissatisfied, 4 = somewhat satisfied, 5 = very satisfied).

Treatment recommendation by physicians was assessed using the question "How often do you recommend the following prescription/OTC treatments to your IBS-D/IBS-C patients?", which was answered using a 5 point Likert scale ranging from "never" to "always" (1 = never, 2 = rarely, 3 = sometimes, 4 = most of the time, 5 = always). A medication was considered commonly recommended if a physician responded "always" or "most of the time." Physicians were also asked "Overall, how satisfied are you with existing prescription treatment options/OTC treatment options for IBS-D/IBS-C?" using the previously noted 5 point Likert scale ranging from "very dissatisfied" to "very satisfied". With regard to non-pharmacologic treatment options for IBS, physicians were asked "Do you recommend any of the non-pharmacologic options below?", and were shown a list of treatment options. Physicians were allowed to list their top 3 non-pharmacologic options and the percentage of physicians listing a specific option as one of their top 2 choices was noted.

Continuous variables were summarized using means and standard deviations, while categorical variables were expressed as proportions. Pairwise comparisons were T test for continuous outcomes, and using Fisher's exact test or Chi square test for categorical outcomes.

### Supplemental Figure

