

# Irritable Bowel Syndrome

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## First line IBS recommendations



**PLANT-BASED**  
Health Professionals UK

Promoting Sustainable Health and Nutrition

**Irritable Bowel Syndrome (IBS) describes a collection of digestive symptoms. It is thought to affect 1 in every 7 individuals.**



If you suspect you have IBS, first visit your family doctor so that conditions such as coeliac disease and inflammatory bowel diseases can be ruled out.

**If you have any of the following symptoms, you must also consult your doctor:**

- ♦ Unintentional weight loss
- ♦ Blood in your stool
- ♦ A change in bowel habit persisting for more than 6 weeks
- ♦ Family history of ovarian or bowel cancer

## Managing IBS

### Diet



Limit alcohol



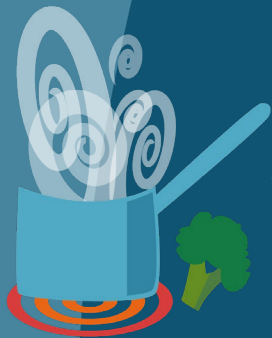
Eat **3** regular meals each day, don't skip meals



Drink **8** cups of water or non-caffeinated fluids each day



Reduce or remove fizzy drinks



Cook meals from fresh ingredients



Cut down food high in fat



Drink no more than **2** mugs or **3** cups caffeinated drinks per day



Avoid processed and ready-made meals

### Lifestyle



Move your body regularly in ways you enjoy



Make time to relax, even for a short time each day



Take time with your meals, sit at a table and chew your food well



Keep a food and symptoms diary to help identify patterns in your symptoms

## Symptom specific advice

**Bloating and wind:** try choosing oats in the morning with a tablespoon of flaxseed and an extra glass of fluid

**Constipation:** gradually increase your fibre intake with fruits, vegetables, wholegrains, beans and pulses and drink plenty of water, try introducing flaxseed daily with an extra 150ml fluid

**Diarrhoea:** drink plenty to replace lost fluids, and limit caffeine during flare ups

**If symptoms persist, you may benefit from following a short term low FODMAP diet. This should be done with the support of a dietitian to ensure it is completed safely and effectively.**