

## ALL ABOUT IRRITABLE BOWEL SYNDROME

### WHAT IS IRRITABLE BOWEL SYNDROME (IBS)?

IBS is a common chronic bowel problem, which is sometimes IBS, is called colitis or spastic colitis. The bowel is normal but symptoms occur because of increased bowel movement (motility). Symptoms may last days, weeks or months.

### WHAT ARE THE SYMPTOMS OF IBS?

Common symptoms include changes in bowel habits usually alternating diarrhea and constipation, stomach tightness and discomfort, cramping and excessive gas. The pain or discomfort may start after eating a meal and be relieved after having a bowel movement.

### WHAT CAN CAUSE MY BOWEL SYMPTOMS?

Your symptoms can occur if you are under emotional stress and do not follow a specific diet. Gas, bloating, stomach cramps and changes in bowel habits can be caused by intolerance to certain foods. Avoid any foods, which you have found from experience to produce excessive gas and distress.

### WHAT CAN I DO TO DECREASE THE SYMPTOMS OF IBS?

If you follow a diet and eliminate certain foods that cause bowel irritability you can control your symptoms. Consider eliminating these foods from your diet, as they will irritate your bowels:

- Milk and milk products
- Eggs
- Caffeinated beverages (tea, coffee, soda)
- Chocolate
- Fruit juices
- Salads
- Too much raw fruit
- Fatty & fried foods
- Alcoholic beverages
- Spices
- Licorice
- Diet drinks
- Diet chewing gum
- Onions
- Cooked Cabbage
- Raw apples
- Lettuce
- Tomatoes and tomato products (e.g. pizza)

### HOW CAN I HELP CONTROL MY SYMPTOMS?

There are certain foods that will allow your bowels to work normally and decrease the possibility of IBS symptoms. They are:

- Soy milk or lactaid-free milk
- Quaker oats oatmeal for breakfast (original)
- Canned fruits or vegetables
- Fig Newton's or Kellogg's raisin squares
- Multigrain bread
- Bananas
- Fish, chicken or turkey
- Special "bran recipe" & Metamucil

### HOW CAN I DECREASE "GAS"?

Decreasing the amount of air you swallow will decrease the amount of gas (air) your bowels produce. To decrease gas, try the following:

- ✓ Sip, do not gulp drinks
- ✓ Eat your meals slowly
- ✓ Avoid chewing gum/avoid drinking straws
- ✓ Avoid constipation and laxatives