



Dr Emma Pooley

Treating you differently

Patient Information on Irritable Bowel Syndrome

IBS is now a commonly recognised condition whereby people suffer with bowel dysfunction and commonly bloating. You can read more about this on the Internet. The following is a short summary of some action you can take to see if your symptoms improve;

1. A low FODMAPS diet.

There are certain foods that are thought to precipitate symptoms, or make them worse, if you suffer from IBS. These foods tend to produce lots of gas during digestion. It sometimes helps to follow a diet low in FODMAPS containing foods for a period of 4 weeks. Often your symptoms can greatly improve. Support from a dietician can be very helpful.

Please see appendix A for a helpful summary of low FODMAPS containing foods.

2. Probiotics

There is some evidence to show that probiotics improve gut health and also symptoms in sufferers of IBS. These can be taken either in food such as yoghurt or probiotic drinks or as capsules bought from a chemist or health food store. Remember you could be increasing your calorie intake by using food fortified with probiotics.

3. Golden Linseed

This can be particularly helpful in both constipation and diarrhoea. Add a couple of teaspoons daily to cereal or yoghurt and enjoy. It is likely to make you thirsty so do keep up your water intake.

4. Stress

It is important to address any stress in your life as we know this can exacerbate your symptoms. Your options include talking to a GP, doing more exercise, practicing Mindfulness or looking at treatments such as reflexology to aid relaxation. Sometimes a combination is helpful. It is quite a personal thing to find the best solution for you. There is evidence to show that taking the medication Amitriptyline can really improve symptoms.

Useful websites for more information;

<https://www.bda.uk.com/foodfacts/IBSfoodfacts.pdf>

<http://www.ibsgroup.org>

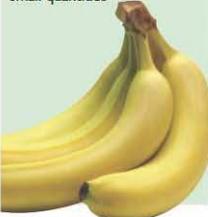
<http://www.theibsnetwork.org/>

App to consider; The Monash University Low FODMAP diet

(Appendix A to follow overleaf..)

Appendix A

Foods suitable on a low-fodmap diet

fruit	vegetables	grain foods	milk products	other
<p>fruit banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo</p> <p>Note: if fruit is dried, eat in small quantities</p> 	<p>vegetables alfalfa, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, eggplant, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini</p> <p>herbs basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme</p>	<p>cereals gluten-free bread or cereal products</p> <p>bread 100% spelt bread</p> <p>rice</p> <p>oats</p> <p>polenta</p> <p>other arrowroot, millet, psyllium, quinoa, sorgum, tapioca</p> 	<p>milk lactose-free milk*, oat milk*, rice milk*, soy milk*</p> <p>*check for additives</p> <p>cheeses hard cheeses, and brie and camembert</p> <p>yoghurt lactose-free varieties</p> <p>ice-cream substitutes gelati, sorbet</p> <p>butter substitutes olive oil</p>	<p>tofu</p> <p>sweeteners sugar* (sucrose), glucose, artificial sweeteners not ending in '-ol'</p> <p>honey substitutes golden syrup*, maple syrup*, molasses, treacle</p> <p>*small quantities</p> 

Eliminate foods containing fodmaps

excess fructose	lactose	fructans	galactans	polyols
<p>fruit apple, mango, nashi, pear, tinned fruit in natural juice, watermelon</p> <p>sweeteners fructose, high fructose corn syrup</p> <p>large total fructose dose concentrated fruit sources, large serves of fruit, dried fruit, fruit juice</p> <p>honey corn syrup, fruisana</p> 	<p>milk milk from cows, goats or sheep, custard, ice cream, yoghurt</p> <p>cheeses soft unripened cheeses eg. cottage, cream, mascarpone, ricotta</p> 	<p>vegetables artichoke, asparagus, beetroot, broccoli, brussels sprouts, cabbage, fennel, garlic, leek, okra, onion (all), shallots, spring onion</p> <p>cereals wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta</p> <p>fruit custard apple, persimmon, watermelon</p> <p>miscellaneous chicory, dandelion, inulin, pistachio</p>	<p>legumes baked beans, chickpeas, kidney beans, lentils, soy beans</p> 	<p>fruit apple, apricot, avocado, blackberry, cherry, longon, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon</p> <p>vegetables cauliflower, green capsicum (bell pepper), mushroom, sweet corn</p> <p>sweeteners sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967)</p> 



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Cooking tips for IBS sufferers following FODMAPs diet

Use oatcakes or rice crackers or 100% spelt bread instead of wheat based breads. Some gluten free breads may be suitable so check the ingredients. Some contain apple juice which is better avoided.

Rice or spelt pasta can be used instead of wheat pasta. Rice noodles instead of wheat noodles.

Use garlic-flavoured oil to cook instead of garlic cloves. For stews and casseroles, cook with onion cut into large pieces which can be fried to flavour the dish. When served after cooking simply push the large pieces of onion to one side and do not eat. The rest of the family can still enjoy!

You can use a spelt pizza base instead of a wheat. Health food shops often have better non wheat options.

Spelt flour is a great substitute for wheat flour. Dove farm do both white and whole grain. It can be used to make cakes and biscuits.

Porridge oats are great for breakfast as are Rice based cereals.